

The 8-Week MS Fitness Challenge Progress Sheet -- **WEEK 7** (2 pages)

Write the time you got to when you first disengaged. If you are able to finish the entirety of the exercise without disengaging then increase the difficulty of the exercise.

We grow strength by **challenging** the muscles. Perform these exercises 2-3x this week, with at least one day of active-rest between each session.

EXERCISES	TIME	TIME	TIME
Leg Extension (Right)			
Leg Extension (Left)			
Kickback (Left)			
Kickback (Right)			
Crunch			
Plank Swim (Left)			
Plank Swim (Right)			
Abduction (Right)			
Abduction (Left)			

You can **stretch** everyday; and multiple times a day. If you are feeling tightness, stretch! Just make sure not to stretch right after you've woken up when your muscles are still "cold", or right before your workout. Make sure to warm up the muscles and joints by performing exercise or movement beforehand.

STRETCHES	NOTES
Lumbar	
Piriformis (Right)	
Piriformis (Left)	
Hamstring (Right)	
Hamstring (Left)	

*Extra Notes:*