

## AMI-HS Conditioning Activity Log

Name \_\_\_\_\_

**Directions:** Complete 3 activities per day related to the lifts listed per day of assignment. You only need to fill out one day for each AMI day assigned. (Ex: AMI-Day #1) The core lift is listed, secondary lifts are your choice. Be creative about what you can use to complete the lifts, list how long you participated, the intensity, and your reflection of the activity.

Date	Describe Activity	Duration (time)	Intensity (Mild, Moderate, Vigorous)	Personal Reflection (what did you think about it)
AMI-Day 1	Core Lift: Bench Press -			
AMI-Day 2	Core Lift: Squat -	10 minutes total		
AMI-Day 3	Core Lift: Hang Clean -	10 minutes total		
AMI-Day 4	Core Lift: Dead Lift -	10 minutes total		