

ONE MONTH EXERCISE TRACKER

# Exercise and MG With Vanetta

An exercise tracker can be a great way for amateurs and pros alike to monitor their progress while working out. This one-month exercise tracker was created by Vanetta and matches the exercises she models in her exercise video on MG-United.com. Follow along with the video to learn the techniques and track the progressions!

It's important to consult with your health care team before beginning any exercise program. Check with your doctor to make sure that any exercises you want to try are safe and suitable based on your physical condition and where you are in your MG journey.

 **TIPS FROM VANETTA**

- Remember to consult with your healthcare provider before starting any exercise program.
- Always make sure that you are exercising on a non-slippery, safe space.
- There are repetitions and timing goals associated with some of these exercises, but only do what feels comfortable for you.
- Each exercise is designed so that you can go at your own pace.

Place a check mark in the corresponding week each time you complete an exercise and jot down any notes as you go.

Exercises	Week One	Week Two	Week Three	Week Four
<b>STRETCHING</b> Bear Hugs				
<b>CARDIO</b> Seated High Knees Progression: Standing High Knees				
<b>UPPER BODY</b> Wall Hand Walk-Ups Progression: Wall Push-Ups				
<b>LOWER BODY</b> Assisted Squat Progression: Chair Squat				
<b>CORE</b> Torso Twist Progression: Torso Twist With Weight Second Progression: Russian Twist				

**NOTES:**

**Week One** \_\_\_\_\_

**Week Two** \_\_\_\_\_

**Week Three** \_\_\_\_\_

**Week Four** \_\_\_\_\_