15-minute home strength workout + training log

2 workouts a week, 2 rounds

- [ ] Squats (or sit-to-stand from a chair): 10–12
- [ ] Wall or counter push-ups: 8–10
- [ ] Reverse lunges holding a chair: 8 each side
- [ ] Glute bridges: 12–15
- [ ] Seated towel rows: 12
- [ ] Plank (on knees if needed): 20–30 sec

Date	Squats	Push-ups	Lunges	Bridges	Rows	Plank	How I felt