

# WEEK 3 – Progress Tracker

## Monday, August 28

Total Time: \_\_\_\_\_

Exercise	Sets	Reps	Weight	Notes
Barbell Squat	3	12		
Dumbbell Chest Press	3	12		
Bodyweight Bridge	3	12		
Lat Pulldown	3	12		
Walking Lunge	3	12 (each side)		
Bicycle Crunch	3	45 sec		

## Tuesday, August 29

Total Time: \_\_\_\_\_

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 4 – 1:00 min Zone 1 – 1:00 min	8				

## Wednesday, August 30

Total Time: \_\_\_\_\_

Exercise	Sets	Reps	Weight	Notes
Barbell Deadlift	3	12		
Cable Shoulder Press	3	12		
Stability Ball Bridge	3	12		
Cable Seated Row	3	12		
Stationary Lunge	3	12 (each side)		
Cable Twist	3	12 (each side)		

## Thursday, August 31

Total Time: \_\_\_\_\_

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 3 – 4:00 min Zone 1 – 1:00 min	4				

## Friday, September 1

Total Time: \_\_\_\_\_

Exercise	Sets	Reps	Weight	Notes
A1. Single Leg Squat	2	15		
A2. Dumbbell Row				
A3. Stability Ball Crunch				
B1. Single Leg Deadlift	2	15		
B2. Assisted Triceps Dip				
B3. Side Bridge				