

Progress Tracker

Week 2

60day
Challenge

Monday, November 20

Exercise	Sets	Reps	Weight	Notes
Sumo Squat	2	15		
Dumbbell Bench Press	2	15		
Deadlift	2	15		
Dumbbell Row	2	15		
Walking Lunge	2	15 (each side)		
Plate Woodchoppers	2	15 (each side)		

Tuesday, November 21

	Circuits	Distance	Notes
Zone 1 – 0:45 sec Zone 4 – 0:45 sec	14		

Wednesday, November 22

Exercise	Sets	Reps	Weight	Notes
Kettlebell Squat	2	15		
Triceps Dip	2	15		
Glute Bridge	2	15		
Dumbbell Bench Row	2	15 (each side)		
Lateral Lunge	2	15 (each side)		
Reverse Crunch	3	45 sec		

Thursday, November 23

	Circuits	Distance	Notes
Zone 1 – 0:45 min Zone 3 – 3:00 min	5		

Friday, November 24

Exercise	Sets	Reps	Weight	Notes
A1: Glute Kickback	2	18 (each side)		
A2: Pushup		18		
A3: V Sit Up		18		
B1: Deadlift	2	18		
B2: Dumbbell Raise		18		
B3: Plank		45 sec		