

Progress Tracker

Week 3

60day
Challenge

Monday, November 27

Exercise	Sets	Reps	Weight	Notes
Extended Plate Squat	3	12		
Overhead Press	3	12		
Straight Leg Deadlift	3	12		
Dumbbell Reverse Fly	3	12		
Lateral Lunge	3	12 (each side)		
Side Plank	3	12 (each side)		

Tuesday, November 28

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

Wednesday, November 29

Exercise	Sets	Reps	Weight	Notes
Kettlebell Squat	3	12		
Incline Bench Press	3	12		
Glute Kickback	3	12 (each side)		
Bent Over Reverse Row	3	12		
Reverse Lunge	3	12 (each side)		
Bicycle Crunch	3	30 sec		

Thursday, November 30

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

Friday, December 1

Exercise	Sets	Reps	Weight	Notes
A1: Curtsy Lunge	3	15 (each side)		
A2: Bicep Curl		15		
A3: Pushup		15		
B1: Overhead Plate Squat	3	15		
B2: Hammer Raise		15		
B3: Plate Steering Wheel		10 (each side)		