

WEEK 1 – Progress Tracker

Monday, August 14

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Dumbbell Bent Over Row	2	12		
Dumbbell Incline Bench Fly	2	12		
Bodyweight Squat	2	12		
Walking Lunge	2	12 (each side)		
Bicycle Crunch	3	30 sec		

Tuesday, August 15

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 1 – 0:45 sec Zone 4 – 0:45 sec	10				

Wednesday, August 16

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Dumbbell Incline Curl	2	12		
Bench Dip	2	12		
Barbell Upright Row	2	12		
Straight Leg Deadlift	2	12		
Stationary Lunge	2	12 (each side)		
Reverse Crunch	3	30 sec		

Thursday, August 17

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 1 – 0:45 sec Zone 3 – 3:00 min	4				

Friday, August 18

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
A1. Back Squat	2	12		
A2. Lat Pulldown	2	12		
A3. Reverse Crunch	2	12		
B1. Jump Lunge	2	12 (each side)		
B2. Pushup	2	12		
B3. Side Bridge	3	30 sec (each side)		