

WEEK 2 – Progress Tracker

Monday, August 21

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Dumbbell Bent Over Row	2	15		
Dumbbell Incline Bench Fly	2	15		
Bodyweight Squat	2	15		
Walking Lunge	2	15 (each side)		
Bicycle Crunch	3	45 sec		

Tuesday, August 22

Total Time: _____

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

Wednesday, August 23

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Dumbbell Incline Curl	2	15		
Bench Dip	2	15		
Barbell Upright Row	2	15		
Straight Leg Deadlift	2	15		
Stationary Lunge	2	15 (each side)		
Reverse Crunch	3	45 sec		

Thursday, August 24

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 1 – 0:45 sec Zone 3 – 3:00 min	5				

Friday, August 25

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
A1. Back Squat	2	15		
A2. Lat Pulldown	2	15		
A3. Reverse Crunch	2	15		
B1. Jump Lunge	2	15 (each side)		
B2. Pushup	2	15		
B3. Side Bridge	3	45 sec (each side)		