

WEEK 4 – Progress Tracker

Monday, September 4

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Barbell Squat	3	15		
Dumbbell Chest Press	3	15		
Bodyweight Bridge	3	15		
Lat Pulldown	3	15		
Walking Lunge	3	15 (each side)		
Bicycle Crunch	3	45 sec		

Tuesday, September 5

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 4 – 1:00 min Zone 1 – 0:30 min	8				

Wednesday, September 6

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Barbell Deadlift	3	15		
Cable Shoulder Press	3	15		
Stability Ball Bridge	3	15		
Cable Seated Row	3	15		
Stationary Lunge	3	15 (each side)		
Cable Twist	3	15 (each side)		

Thursday, September 7

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 3 – 4:00 min Zone 1 – 0:30 min	4				

Friday, September 8

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
A1. Single Leg Squat	3	15		
A2. Dumbbell Row				
A3. Stability Ball Crunch				
B1. Single Leg Deadlift	3	15		
B2. Assisted Triceps Dip				
B3. Side Bridge				