

WEEK 5 – Progress Tracker

Monday, September 11

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Single Leg Squat	3	12 (each leg)		
Dumbbell Chest Press	3	12		
Stability Ball Bridge	3	12		
Underhand Pulldown	3	12		
Dumbbell Lunge	3	12 (each leg)		
Standing Cable Twist	3	12		

Tuesday, September 12

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 4 – 1:00 min Zone 1 – 1:30 min	6				

Wednesday, September 13

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Barbell Deadlift	3	12		
Dumbbell Fly	3	12		
Barbell Squat	3	12		
Pushup	3	12		
Dumbbell Lateral Raise	3	12		
Reverse Crunch	3	45 sec		

Thursday, September 14

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 3 – 5:00 min Zone 1 – 1:15 min	4				

Friday, September 15

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
A1. Machine Squat	2	18		
A2. Overhand Row				
A3. Side Crunch				
B1. Dumbbell Lunge	2	18		
B2. Dumbbell Biceps Curl				
B3. Superman				