

WEEK 6 – Progress Tracker

Monday, September 18

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Single Leg Squat	3	15 (each leg)		
Dumbbell Chest Press	3	15		
Stability Ball Bridge	3	15		
Underhand Pulldown	3	15		
Dumbbell Lunge	3	15 (each leg)		
Standing Cable Twist	3	15		

Tuesday, September 19

Total Time: _____

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

Wednesday, September 20

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Barbell Deadlift	3	15		
Dumbbell Fly	3	15		
Barbell Squat	3	15		
Pushup	3	15		
Dumbbell Lateral Raise	3	15		
Reverse Crunch	3	60 sec		

Thursday, September 21

Total Time: _____

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

Friday, September 22

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
A1. Machine Squat	3	15		
A2. Overhand Row				
A3. Side Crunch				
B1. Dumbbell Lunge	3	15		
B2. Dumbbell Biceps Curl				
B3. Superman				