

WEEK 7 – Progress Tracker

Monday, September 25

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Machine Squat	3	12		
Machine Shoulder Press	3	12		
Glute Kickback	3	12		
Underhand Pulldown	3	12		
Jump Lunge	3	12 (each leg)		
Medicine Ball Woodchopper	3	12		

Tuesday, September 26

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 4 – 2:00 min Zone 1 – 1:00 min	8				

Wednesday, September 27

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Barbell Deadlift	3	12		
Dumbbell Bench Press	3	12		
Single Leg Squat	3	12 (each side)		
Dumbbell Bent Over Row	3	12 (each side)		
Dumbbell Lateral Raise	3	12		
Cable Twist	3	12 (each side)		

Thursday, September 28

Total Time: _____

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

Friday, September 29

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
A1. Jump Squat	3	15		
A2. Upright Row				
A3. Push Up				
B1. Single Leg Deadlift	3	15		
B2. Dumbbell Lateral Raise				
B3. Bicycle Crunch				