

WEEK 8 – Progress Tracker

Monday, October 2

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Machine Squat	3	15		
Machine Shoulder Press	3	15		
Glute Kickback	3	15		
Underhand Pulldown	3	15		
Jump Lunge	3	15 (each leg)		
Medicine Ball Woodchopper	3	15		

Tuesday, October 3

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 4 – 2:00 min Zone 1 – 1:00 min	7				

Wednesday, October 4

Total Time: _____

Exercise	Sets	Reps	Weight	Notes
Barbell Deadlift	3	15		
Dumbbell Bench Press	3	15		
Single Leg Squat	3	15 (each side)		
Dumbbell Bent Over Row	3	15 (each side)		
Dumbbell Lateral Raise	3	15		
Cable Twist	3	15 (each side)		

Thursday, October 5

Total Time: _____

	Circuits	Distance	HR Zone 1	HR Zone 4	Notes
Zone 3 – 6:00 min Zone 1 – 1:30 min	3				

Friday, October 6

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				