

Progress Tracker

Week 1

60day
Challenge

Monday, November 13

Exercise	Sets	Reps	Weight	Notes
Sumo Squat	2	12		
Dumbbell Bench Press	2	12		
Deadlift	2	12		
Dumbbell Row	2	12		
Walking Lunge	2	12 (each side)		
Plate Woodchoppers	2	12 (each side)		

Tuesday, November 14

	Circuits	Distance	Notes
Zone 1 – 0:45 sec Zone 4 – 0:45 sec	10		

Wednesday, November 15

Exercise	Sets	Reps	Weight	Notes
Kettlebell Squat	2	12		
Triceps Dip	2	12		
Glute Bridge	2	12		
Dumbbell Bench Row	2	12 (each side)		
Lateral Lunge	2	12 (each side)		
Reverse Crunch	3	30 sec		

Thursday, November 16

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

Friday, November 17

Exercise	Sets	Reps	Weight	Notes
A1: Glute Kickback	2	12 (each side)		
A2: Pushup		12		
A3: V Sit Up		12		
B1: Deadlift	2	12		
B2: Dumbbell Raise		12		
B3: Plank		30 sec		