

# Progress Tracker

## Week 4

60day  
Challenge

### Monday, December 4

Exercise	Sets	Reps	Weight	Notes
Extended Plate Squat	3	15		
Overhead Press	3	15		
Straight Leg Deadlift	3	15		
Dumbbell Reverse Fly	3	15		
Lateral Lunge	3	15 (each side)		
Side Plank	3	15 (each side)		

### Tuesday, December 5

	Circuits	Distance	Notes
Zone 1 – 1:00 min Zone 4 – 0:30 min	8		

### Wednesday, December 6

Exercise	Sets	Reps	Weight	Notes
Kettlebell Squat	3	15		
Incline Bench Press	3	15		
Glute Kickback	3	15 (each side)		
Bent Over Reverse Row	3	15		
Reverse Lunge	3	15 (each side)		
Bicycle Crunch	3	45 sec		

### Thursday, December 7

	Circuits	Distance	Notes
Zone 1 – 0:30 min Zone 3 – 4:00 min	4		

### Friday, December 8

Exercise	Sets	Reps	Weight	Notes
A1: Curtsy Lunge	3	18 (each side)		
A2: Bicep Curl		18		
A3: Pushup		18		
B1: Overhead Plate Squat	3	18		
B2: Hammer Raise		18		
B3: Plate Steering Wheel		12 (each side)		