

Progress Tracker

Week 5

60day
Challenge

Monday, December 11

Exercise	Sets	Reps	Weight	Notes
Plate Overhead Squat	3	12		
French Press	3	12		
Single Leg Deadlift	3	12		
Bent Over Row Reverse Grip	3	12		
Reverse Lunge	3	12 (each side)		
Plate Woodchopper	3	12 (each side)		

Tuesday, December 12

	Circuits	Distance	Notes
Zone 1 – 1:30 min Zone 4 – 1:30 min	6		

Wednesday, December 13

Exercise	Sets	Reps	Weight	Notes
Kettlebell Squat	3	12		
Close Grip Bench Press	3	12		
Barbell Deadlift	3	12		
Upright Row	3	12		
Lunge	3	12 (each side)		
Plank	3	60 sec		

Thursday, December 14

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

Friday, December 15

Exercise	Sets	Reps	Weight	Notes
A1: Extended Plate Squat	3	15		
A2: Overhead Tricep Extension		15		
A3: Diamond Pushup		15		
B1: Overhead Lunge w/ Plate	3	15 (each side)		
B2: EZ Bar Bicep Curl		15		
B3: Inchworm with Updog		15		