

Progress Tracker

Week 6

60day
Challenge

Monday, December 18

| Exercise | Sets | Reps | Weight | Notes |
|----------------------------|------|----------------|--------|-------|
| Plate Overhead Squat | 3 | 15 | | |
| French Press | 3 | 15 | | |
| Single Leg Deadlift | 3 | 15 | | |
| Bent Over Row Reverse Grip | 3 | 15 | | |
| Reverse Lunge | 3 | 15 (each side) | | |
| Plate Woodchopper | 3 | 15 (each side) | | |

Tuesday, December 19

| | Circuits | Distance | Notes |
|--|----------|----------|-------|
| Zone 1 – 1:30 min Zone 4 – 1:30 min | 8 | | |

Wednesday, December 20

| Exercise | Sets | Reps | Weight | Notes |
|------------------------|------|----------------|--------|-------|
| Kettlebell Squat | 3 | 15 | | |
| Close Grip Bench Press | 3 | 15 | | |
| Barbell Deadlift | 3 | 15 | | |
| Upright Row | 3 | 15 | | |
| Lunge | 3 | 15 (each side) | | |
| Plank | 3 | 60 sec | | |

Thursday, December 21

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

Friday, December 22

| Exercise | Sets | Reps | Weight | Notes |
|-------------------------------|------|----------------|--------|-------|
| A1: Extended Plate Squat | 3 | 18 | | |
| A2: Overhead Tricep Extension | | 18 | | |
| A3: Diamond Pushup | | 18 | | |
| B1: Overhead Lunge w/ Plate | 3 | 18 (each side) | | |
| B2: EZ Bar Bicep Curl | | 18 | | |
| B3: Inchworm with Updog | | 18 | | |