

Progress Tracker

Week 7

60day
Challenge

Monday, December 25

Exercise	Sets	Reps	Weight	Notes
Barbell Squat	3	15		
Overhead Press	3	15		
Deadlift	3	15		
Lateral Raise	3	15		
Barbell Reverse Lunge	3	15 (each side)		
Oblique Side Bend	3	15 (each side)		

Tuesday, December 26

	Circuits	Distance	Notes
Zone 1 – 1:00 min Zone 4 – 2:00 min	8		

Wednesday, December 27

Exercise	Sets	Reps	Weight	Notes
Sumo Squat	3	15		
Incline Bench Press	3	15		
Single Leg Deadlift	3	15 (each side)		
Dumbbell Row	3	15 (each side)		
Curtsy Lunge	3	15 (each side)		
Reverse Crunch	3	60 sec		

Thursday, December 28

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

Friday, December 29

Exercise	Sets	Reps	Weight	Notes
A1: Glute Kickback	3	18 (each side)		
A2: Hammer Raise		18		
A3: Close Grip Pushup		18		
B1: Glute Bridge	3	18		
B2: Tricep Kickbacks		18		
B3: Side Planks		18 (each side)		