

Progress Tracker

Week 8

60day
Challenge

Monday, January 1

Exercise	Sets	Reps	Weight	Notes
Barbell Squat	3	18		
Overhead Press	3	18		
Deadlift	3	18		
Lateral Raise	3	18		
Barbell Reverse Lunge	3	18 (each side)		
Oblique Side Bend	3	18 (each side)		

Tuesday, January 2

	Circuits	Distance	Notes
Zone 1 – 1:00 min Zone 4 – 2:00 min	7		

Wednesday, January 3

Exercise	Sets	Reps	Weight	Notes
Sumo Squat	3	18		
Incline Bench Press	3	18		
Single Leg Deadlift	3	18 (each side)		
Dumbbell Row	3	18 (each side)		
Curtsy Lunge	3	18 (each side)		
Reverse Crunch	3	75 sec		

Thursday, January 4

	Circuits	Distance	Notes
Zone 1 – 1:30 min Zone 3 – 6:00 min	3		

Friday, January 5

Exercise	Sets	Reps	Weight	Notes
A1: Glute Kickback	3	20 (each side)		
A2: Hammer Raise		20		
A3: Close Grip Pushup		20		
B1: Glute Bridge	3	20		
B2: Tricep Kickbacks		20		
B3: Side Planks		20 (each side)		