



WEIGHT PROGRESSION TRACKER

	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6			WEEK 7			WEEK 8			
	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	
CHEST	Chest Press																								
	Chest Fly																								
	Decline Press																								
	Rotating Chest Press																								
TRICEPS	Triceps Kickback																								
	Skull Crusher																								
	Triceps Press																								
	Single Side Crusher																								
BACK	Traditional Row																								
	Wide Row																								
	Reverse Fly																								
	Pullover																								
BICEPS	Full Curl																								
	Hammer Curl																								
	Wide Curl																								
	Top Curl																								
SHOULDERS	Bottom Curl																								
	Shoulder Press																								
	Upright Row																								
	Front Raise																								
LEGS	Lateral Raise																								
	Y Raise																								
	Shoulder Fly																								
	Swimmers																								
LEGS	Front-Loaded Squat																								
	Goblet Sumo																								
	Deadlift																								
	Calf Raise																								
LEGS	Alternate Side Lunge																								
	Bridge																								
	Pulsing Squat																								
	Reverse Alternate Lunge																								

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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