

Start: / End: /

Rounds: 2 or 3

2-3 exercises per block

Day 1 Cardio	A) Exercise / Reps lbs./kg. _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____
Day 2	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____
Day 3 Cardio or REST Day	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____
Day 4	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____
Day 5 Cardio	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____	A) _____ B) _____ C) _____ _____

Record the Exercise, Reps, & Weight (pencil/pen is a MUST)

Increase weight where you can each week

Day 1 does NOT necessarily mean 'Monday'

Take days off whenever needed

Be kind to yourself, You Got This!

"SLOW PROGRESS is better than NO PROGRESS"