



Weight Tracker

Lift – Lower Body

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Goblet Squat						
Goblet Sumo						
Hanging Sumo						
Alternate Reverse Lunges						
Front Lunge Weighted Twist						
Alternating Front Lunge						
Single Leg Static Lunge						
Deadlift						
Hanging Side Sways						
Bridge						
Looped Single Leg Deadlift						
Looped Heel Lift						
Looped Side Lift						
Looped Squats						
Loop Static Lunge						



Weight Tracker

Lift – Upper Body

Chest

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Single Arm Chest Press						
Rotating Chest Press						
Chest Press						
Decline Chest Press						
Chest Fly						

Back

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Single Arm Row						
Double Arm Row						
Wide Row						
Reverse Fly						



Weight Tracker

Shoulders

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Single Arm Lateral Raise						
Double Arm Lateral Raise						
Front Raise						
Rear Delt Raise						
Overhead Shoulder Press						
Loop Single Upright Row						

Biceps

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Single Arm Hammer Curl						
Double Arm Hammer Curl						
Full Bicep Curls						
Wide Curl						
Rotating Curl						



Weight Tracker

Triceps

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Single Side Crusher						
Skull Crushers						
Tricep Push-ups						
Tricep Kickback						
Kneeling Tricep Kickback						
Overhead Tricep Extension						

Loop Exercises

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Loop Chest Fly						
Loop Chest Press						
Loop Lat Pull Down						
Loop Single Upright Row						
Loop Bicep Curls						
Loop Tricep Extensions						

Weight Tracker



Core

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weighted Scissors						
Circle Crunch						
Dead Bug Dumbbell Crunch						
Single Arm Oblique Crunch						
Alternating Leg Drop						
Oblique Side Crunch						
Flutter Kicks						
Single Leg Reach						
Straight Leg Sit-up						
Dumbbell Driver						
Dumbbell Overhead Press Sit-up						
Dead Bug Dumbbell Twist						