



ADVANCED WORKOUT TRACKER

WEEK 1-4 DO WORKOUT AS PRESCRIBED

WEEK 5-8, START ADDING TEMPO TRAINING TO THE EXERCISES WITH * (2:1:2)

EXAMPLE: SQUATS

- SQUAT ½ WAY HOLD
- COMPLETE SQUAT ALL THE WAY DOWN
- HALF WAY UP HOLD
- COMPLETE SQUAT ALL THE WAY UP
- REPEAT

EXAMPLE: CHEST PRESS

- START WITH WEIGHT AT TOP
- PRESS ½ WAY DOWN, HOLD 1 SEC
- COMPLETE PRESS ALL THE WAY DOWN, HOLD 1 SEC
- HALF WAY UP HOLD 1 SEC
- COMPLETE PRESS ALL THE WAY UP
- REPEAT

LOWER BODY

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
*BARBELL HIP THRUST	3	8 REPS				
BACK SQUATS	3	15 REPS				
HIDGE ABDUCTIONS	3	25 REPS				
BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW						
*BARBELL FRONT SQUATS	3	8 REPS				
DUMBBELL FORWARD LUNGE	3	15 REPS EACH				
BANDED SQUAT	3	25 REPS				
BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)						
BARBELL SUMO SQUAT	3	8 REPS				
*BARBELL REVERSE LUNGE	3	15 REPS EACH				
BODY WEIGHT DUAL THRUST	3	25 REPS				

UPPER BODY

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
DECLINE PUSH UPS	3	8 REPS				
*BARBELL UNDERHAND BENT OVER ROWS	3	15 REPS				
LATERAL BAND RAISE	3	25 REPS				
BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW						
PLYO PUSH UPS	3	8 REPS				
DUMBBELL PULLOVERS	3	15 REPS				
*BARBELL CHEST PRESS	3	25 REPS				
BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)						
PULL UPS	3	8 REPS- EACH ARM				
*BALL PUSH UPS (FEET ON BALL)	3	15 REPS				
FACE PULL	3	25 REPS				

TOTAL BODY

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
RENEGADE ROWS	3	8 REPS				
BURPEES	3	15 REPS				
THRUSTERS	3	25 REPS				
BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW						
*SPLIT SQUATS	3	8 REPS				
SINGLE LEG HIP THRUST	3	15 REPS EACH				
DUMBBELL LAT RAISE	3	25 REPS				
BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)						
PUSH UP INTO PRESS	3	8 REPS				
FORWARD LUNGE INTO FRONT SHOULDER RAISE	3	15 REPS EACH				
*BARBELL BICEP CURLS	3	25 REPS				

METABOLIC CIRCUIT- WEEK 1

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-2 Side Shuffles	30 sec				30 sec
C-3 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT- WEEK 2

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-4 Side Shuffles	30 sec				30 sec
C-5 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT- WEEK 3

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-6 Side Shuffles	30 sec				30 sec
C-7 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT- WEEK 4

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-8 Side Shuffles	30 sec				30 sec
C-9 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT- WEEK 5

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-10 Side Shuffles	30 sec				30 sec
C-11 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT- WEEK 6

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-12 Side Shuffles	30 sec				30 sec
C-13 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT-WEEK 7

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-14 Side Shuffles	30 sec				30 sec
C-15 Mountain Climbers	30 sec				30 / 120 sec

METABOLIC CIRCUIT- WEEK 8

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
MRT Circuit					
A-1 Bodyweight Squats	30 sec				30 sec
A-2 Plank	30 sec				30 sec
A-3 Bear Crawls	30 sec				30 / 120 sec
B-1 Lunge	30 sec				30 sec
B-2 Pull-Ups	30 sec				30 sec
B-3 Burpees	30 sec				30 / 120 sec
C-1 Pushups	30 sec				30 sec
C-16 Side Shuffles	30 sec				30 sec
C-17 Mountain Climbers	30 sec				30 / 120 sec