

# INTERMEDIATE WORKOUT TRACKER

## LOWER BODY

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
WEIGHT HIP THRUST	3	8 REPS				
DB WEIGHT LUNGES	3	15 REPS – EACH LEG				
DB / BB WEIGHT SQUATS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW</b>						
SINGLE LEG RDL	3	8 REPS				
DUMBBELL PULL THROUGH	3	15 REPS				
BANDED HIP BRIDGES	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)</b>						
WAL SQUAT HOLDS	3	8 SEC HOLDS/ 8 REPS				
LATERAL LEG LIFTS (BANDS OR CABLES)	3	15 REPS EACH				
KETTLE SWINGS	3	25 REPS				

**UPPER BODY**

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
TOE PUSH UPS	3	8 REPS				
BENT OVER WIDE ROWS	3	15 REPS				
LAT PULL DOWNS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW</b>						
INCLINE PUSH UPS	3	8 REPS				
INCLINE WIDE ROWS	3	15 REPS				
BICEP CURLS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)</b>						
ALT. WIDE SHOULDER PRESS DUMBBELLS	3	8 REPS- EACH ARM				
CHEST FLYS BAND OR CABLES	3	15 REPS				
ROWS- CABLES OR BANDS	3	25 REPS				

**TOTAL BODY**

EXERCISES	SETS	REPS	DATE	DATE	DATE	DATE
BURPEES	3	8 REPS				
SUMO DB SQUATS	3	15 REPS				
OVERHEAD TRICEP PRESS	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- THEN COMPLETE CIRCUIT BELOW</b>						
SPLIT SQUATS	3	8 REPS				
SINGLE LEG HIP THRUST (FOOT ELEVATED)	3	15 REPS EACH				
DB LAT RAISE	3	25 REPS				
<b>BREAK AND RECOVER FOR 1-2 MIN- COMPLETE WITH LISS CARDIO (OPTINONAL)</b>						
THRUSTERS	3	8 REPS				
RENEGADE ROW	3	15 REPS EACH				
WALKING LUNGES	3	24 REPS				

## METABOLIC CIRCUIT- WEEK 1

Bodyweight Triple Sets Workout	Time Length of Set	Round 1	Round 2	Round 3	Rest Between Sets
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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
<b>MRT Circuit</b>					
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