EXERCISE TRACKER

ADVANCED PLAN

Every time you complete a workout – tick it off! How many ticks can you get by the end of the plan?

Week		Resistance Workouts						Cardio Workouts					
		Workout 1		Workout 2		Workout 3		LISS 1		LISS 2		LISS 3	
1	2												
		Workout 1		Workout 2		Workout 3		HIIT		LISS 1		LISS 2	
3	4												
		Workout 1		Workout 2		Workout 3		HIIT		LISS 1		LISS 2	
5	6												
		Workout 1		Workout 2		Workout 3		HIIT		LISS 1		LISS 2	
7	8												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
9	10												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
11	12												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
13	14												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
15	16												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
17	18												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
19	20												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
21	22												
		Upper		Lower		Core		HIIT 1		HIIT 2		LISS	
23	24												