

FITNESS FEBURARY

Weekly Progress Tracker

piecesinprogress.tumblr.com

CARDIO

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Workout 1: Saturday

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
PLANK				
WALK OUT				
TRICEPS				
Y PUSH UPS				
L PLANK				
R PLANK				
U + D				
DOWN DOG				

STRETCHING

Workout 2: Sunday

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WALL				
SQUATS				
BRIDGES				
CHAIR				
L LUNGE				
R LUNGE				
F LUNGE				
B LUNGE				

Workout 3: Tuesday

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CLIMB				
CRUNCH				
TWIST				
BOAT				
R PLANK				
L PLANK				
R TTN				
L TTN				

8+ WATER

Workout 4: Thursday

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
JACKS				
WALK OUT				
PLANK J'S				
BICYCLE				
BURPEES				
SPIDERMAN				
L HPS				
R HPS				