



# Weight Tracking Sheets



## Workout: Strength 35

Date:				
Warmup				
<b>60 Seconds Per Move</b>				
Curl Squat Press	60 Sec			
Pulsing Lunges	60 Sec			
Push-Up Row	60 Sec			
Side Lunge Upright Row	60 Sec			
Figure Four Bridge	60 Sec			
Staggered Row	60 Sec			
Pull Plank Fly	60 Sec			
Sumo Circle	60 Sec			
Hungry Bear (No Weights)	60 Sec			
Flying Lunges	60 Sec			
Break - 60 Seconds				
<b>45 Seconds Per Move</b>				
Curl Squat Press	45 Sec			
Pulsing Lunges	45 Sec			
Push-Up Row	45 Sec			
Side Lunge Upright Row	45 Sec			
Figure Four Bridge	45 Sec			
Staggered Row	45 Sec			
Pull Plank Fly	45 Sec			
Sumo Circle	45 Sec			
Hungry Bear (No Weights)	45 Sec			
Flying Lunges	45 Sec			

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