



Weight Tracking Sheets



Workout: Strength 45

Date:			
-------	--	--	--

Warmup

60 Seconds Per Move

Pulsing Lunge Hop	60 Sec			
Push Row Piston	60 Sec			
Floating Upright Row	60 Sec			
Bear Dog (No Weights)	60 Sec			
Straight Leg Bridge	60 Sec			
Staggered Row Kickback	60 Sec			
Pull-Push Reach	60 Sec			
Sumo Circle Chop	60 Sec			
Shift Maker	60 Sec			

Break - 60 Seconds

45 Seconds Per Move

Pulsing Lunge Hop	45 Sec			
Push Row Piston: Push	45 Sec			
Floating Upright Row	45 Sec			
Bear Dog (No Weights)	45 Sec			
Straight Leg Bridge	45 Sec			
Staggered Row Kickback: Row	45 Sec			
Pull-Push Reach	45 Sec			
Sumo Circle Chop	45 Sec			
Shift Maker	45 Sec			

Break - 60 Seconds

30 Seconds Per Move

Pulsing Lunge Hop	30 Sec			
Push Row Piston	30 Sec			
Floating Upright Row	30 Sec			
Bear Dog (No Weights)	30 Sec			
Straight Leg Bridge	30 Sec			
Staggered Row Kickback	30 Sec			
Pull-Push Reach	30 Sec			
Sumo Circle Chop	30 Sec			
Shift Maker	30 Sec			

Find Us On Facebook: www.fb.com/thecookandthecoach

Find Us On IG: [@thecookandthecoach](https://www.instagram.com/thecookandthecoach)

www.thecookandthecoach.com