



# Weight Tracking Sheets



## Workout: Strength 25

Date:				
Warmup				
<b>60 Seconds Per Move</b>				
Squat	60 Sec			
Shoulder Press	60 Sec			
Reverse Lunge	60 Sec			
Plank Walk (No Weight)	60 Sec			
Bicep Curl	60 Sec			
Side Lunge	60 Sec			
Push-Up (No Weight)	60 Sec			
Shift Lunge	60 Sec			
Renegade Row	60 Sec			
Bridge	60 Sec			
Upright Row Raise	60 Sec			
Piston Plank (No Weight)	60 Sec			
Kickbacks	60 Sec			
Bear Kicks	60 Sec			
Sumo Squat	60 Sec			

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