

# 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   |        |        |        |        |

### Workout 2: Sunday

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

STRETCHING

### Workout 3: Tuesday

| EXERCISE | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|----------|--------|--------|--------|--------|
| CLIMB    |        |        |        |        |
| CRUNCH   |        |        |        |        |
| TWIST    |        |        |        |        |
| BOAT     |        |        |        |        |
| R PLANK  |        |        |        |        |
| L PLANK  |        |        |        |        |
| R T.T.Π  |        |        |        |        |
| L T.T.Π  |        |        |        |        |

### Workout 4: Thursday

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

8+ WATER