

BODYWEIGHT TRACKING

Week of: _____

Goal: _____

EXERCISE	SET 1	SET 2	SET 3	SET 4	TOTAL / NOTES
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Push-Ups

Pull-Ups / Rows

Air Squats

Lunges

Plank (Seconds)

Dips

Glute Bridges

Burpees

SESSION SUMMARY

Focus areas for next session...