

CORE PROGRESS CHART

Routine: _____

Week of: _____

EXERCISE NAME	GOAL REPS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Plank (Seconds)	60s					
Hanging Leg Raises	15					
Russian Twists	40					
Bicycle Crunches	30					
Dead Bug	20					
Bird Dog	20					
Mountain Climbers	50					
Side Plank (L/R)	45s					

Weekly Summary / Notes: