EXERCISE TRACKER

INTERMEDIATE PLAN

Every time you complete a workout – tick it off! How many ticks can you get by the end of the plan?

Week		Resistance Workouts					Cardio Workouts					
		Workout 1		Workout 2		Workout 3		LISS 1		LISS 2		LISS 3	
1	2												
		Workout 1		Workout 2		Workout 3		LISS 1		LISS 2		LISS 3	
3	4												
		Workout 1		Workout 2		Workout 3		HIIT		LISS 1		LISS 2	
5	6												
		Workout 1		Workout 2		Workout 3		HIIT		LISS 1		LISS 2	
7	8												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
9	10												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
11	12												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
13	14												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
15	16												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
17	18												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
19	20												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
21	22												
		Upper		Lower		Core		HIIT		LISS 1		LISS 2	
23	24												