#### **Roxstar Fitness Inner Circle**

Workout Schedule of the Week Fitness Tracking Sheet Week Of: \_\_\_\_\_

## Training Schedule of the Week: Full Body Super Pump (Fat Loss Focus) - Week 1

Day	Weight Training	Cardio (Any Machine/Method of Choice)
Day 1	Metabolic Circuit	30 Mins Total 10 mins Intervals 1 Min Work/Rest 5 mins HIIT Cardio 20s Sprint/40s Recovery 15 mins SS Cardio Keeping HR Above 75%
Day 2	Upper Body Day Chest + Triceps Workout	30 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 3	Lower Body Day Any Lower Body Workout Of Choice From Our Database	30 Mins Total 10 mins Intervals 1 Min Work/Rest 5 mins HIIT Cardio 20s Sprint/40s Recovery 15 mins SS Cardio Keeping HR Above 75%
Day 4	OFF	OFF
Day 5	Upper Body Day Back + Biceps Workout	20 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 6	Lower Body Day Can Be Same As Day	20 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 7	OFF	OFF

### **Workout Tracker**

Use the chart below to record your training in the gym. The goal each week is that you beat your numbers. So if you are doing squats from week to week, you want to see your numbers INCREASE either the amount of weight you lift, or the number of reps, sets, (or all 3!). The ONLY thing is that you must do so SAFELY. So push your body, but listen to your body. Don't do any more than you can safely handle on your own.

#### Workout Program Name or Body Part Focus: \_\_\_\_\_

Training Date:\_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

Workout Program Name or Body Part Focus: \_\_\_\_\_

Training Date: \_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

Training Date:\_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

Training Date:\_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

 Workout Program Name or Body Part Focus:
 \_\_\_\_\_\_\_

 Training Date:
 \_\_\_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

 Workout Program Name or Body Part Focus:
 \_\_\_\_\_\_\_

 Training Date:
 \_\_\_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

 Workout Program Name or Body Part Focus:
 \_\_\_\_\_\_\_

 Training Date:
 \_\_\_\_\_\_\_

Exercise Name	Weight	# of Reps	# of Sets	<b>Rest Period</b>	Super Set (Y/N)	New PR Set

# Cardio Program Tracker Training Date:

Machine or Type of Cardio	Training Day (Day 1, 2, etc)	Duration	Total Calories Burned	Avg Heart Rate	New Personal Bests Or Other Notes