Roxstar Fitness Inner Circle

Workout Schedule of the Week Fitness Tracking Sheet Week Of: _____

Training Schedule of the Week: Leg Builder Program - Series 1 - Weeks 1 and 2

Day	Weight Training	Cardio (Any Machine/Method of Choice)
Day 1	Kick My Azz: Glutes, Hams, and Quads Plyo Workout 2	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 Workout Of Choice Can Be Back, Chest, Arms or Shoulders Or Some Kind of Combo Workout Like Back/Chest, Shoulders/Arms, Back/Biceps, Chest/Triceps, Etc.	20 mins HIIT Cardio 20s Sprint/40s Recovery
Day 3	Kick My Azz: Glutes, Hams, and Quads Strength Workout 2	If In Lean Building Take This Day OFF From Cardio If In Fat Loss, Perform The Following Post Workout: 35 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 4	OFF	OFF
Day 5	Upper Body Workout Of Choice Can Be Back, Chest, Arms or Shoulders Or Some Kind of Combo Workout Like Back/Chest, Shoulders/Arms, Back/Biceps, Chest/Triceps, Etc. Should Be The Opposite of What You Worked On Day 2	20 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 6	Spring Fever Series Part 1: Glutes and Abs (Free Workout)	20 mins HIIT Cardio 20s Sprint/40s Recovery
Day 7	Total Body Strength or Metabolic Circuit Workout of Your Choice. We've Got Some GREAT Ones In Our Database	If In Lean Building Take This Day OFF From Cardio If In Fat Loss, Perform The Following Post Workout: 35 Mins Total SS Cardio, Keeping HR Above 70% For Duration

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	Rest Period	Super Set (Y/N)	New PR Set

Workout Program Name or Body Part Focus: _____

Training Date: _____

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

Training Date:_____

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 Workout Program Name or Body Part Focus:

 Training Date:

Exercise Name	Weight	# of Reps	# of Sets	Rest Period	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