OPERATION: LEAN & MEAN PROGRESSION TRACKER

MONDAY/WEDNESDAY/FRIDAY

EXERCISE	SETS/TIME			REST			REPS		
CARDIO (HIIT)	М	W	F	М	W	F	М	W	F
JUMP ROPE									
JUMPING JACKS									
RUN IN PLACE									
SHADOWBOXING BURPEES									
RUN IN PLACE									
LOWER BODY	М	W	F	М	W	F	М	W	F
CLOCK LUNGES									
STEP-UPS TO KNEE RAISE									
CALF RAISES									
BULGARIAN SPLIT SQUAT									
CRANE SPLIT SQUATS									
SQUAT JUMPS IN PLACE									
CORE	М	W	F	М	W	F	М	W	F
PLANK FOREARM PUSHUPS									
SEATED LEG CIRCLES WITH KNEE CRUNCH									
PLANK									
FLUTTER KICKS									
BICYCLES									
AROUND THE WORLD PLANK									
LEG KICK - ONE ARM HOLD									
FOREARM PLANK - ARM RAISES									
AB ROLLER									
CARDIO	М	W	F	М	W	F	М	W	F
JUMP ROPE									
JUMPING JACKS									
RUN IN PLACE									
SHADOWBOXING BURPEES									
5 X 30 YARD SPRINTS									

OPERATION: LEAN & MEAN PROGRESSION TRACKER

TUESDAY/THURSDAY/SATURDAY

EXERCISE	SETS/TIME			REST			REPS		
CARDIO (HIIT)	Т	ТН	s	Т	ТН	s	Т	ТН	s
1 MINUTE JUMPING JACKS									
1 MINUTE RUN IN PLACE									
KICK THROUGH BURPEES									
QUICK FEET BURPEES-NO JUMPS									
BEAST CRAWLS	Т	TH	S	Т	TH	s	Т	TH	S
CLOCK CRAWL									
LATERAL BEAR CRAWL									
BEAR CRAWL									
PLANK WALK TO PUSHUP									
CRAB WALK									
UPPER/FULL BODY	Т	TH	S	Т	TH	s	Т	TH	S
DRAGON WALKS									
FROZEN V SIT-UPS									
PLANK ON FOREARM									
HINDU PUSH-UPS									
DIAMOND PUSH-UPS									
DIVE BOMBER PUSH-UPS									
TURTLE PUSH-UPS									
PUSH-UPS BARS - PUSH UP TO EXTERNAL ROTATIONS MULE KICKS									
PULL-UPS (OPTIONAL)	Т	ТН	S	Т	ТН	S	Т	ТН	S
CHIN UP TO KNEE RAISE									
PULL-UPSL									
SIDE TO SIDE SHUFFLE									
CARDIO JUMP ROPE	Т	TH	S	T	TH	S	T	TH	S
JUMPING JACKS									
RUN IN PLACE									
SHADOWBOXING BURPEES									