



5 Moves to Track Progress

Anytime Workouts



Lunge to Reverse Lunge

Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot and step backward with this leg, dropping your knee toward the floor, with your weight on your front leg.
- Push off your front foot to return to the start position.
 - Complete all reps on one side before switching to the other side.

#	REPS	DATE	TIME	NOTES
1				
2				
3				
4				
5				
6				

Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	DATE	TIME	NOTES
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Squat Jump

Legs



- Stand upright with your arms straight by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
 - 2 - Push off your feet, jump straight up.
 - 3 - Land in semi-squat to absorb and repeat the jump.

#	REPS	DATE	TIME	NOTES
1				
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Anytime Workouts



Pull Up Back



- 1 - Hang from a bar overhead using a wide overhand grip.
 - 2 - Pull your body up, bending at the elbows until your chin reaches over the bar.
- Lower back down to where your arms are fully extended.

#	REPS	DATE	TIME	NOTES
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Forearm Plank Pilates



- Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- Raise your body up onto your toes and forearms and hold.
- Keep your back flat and head slightly raised, looking forward.

#	REPS	DATE	TIME	NOTES
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