LEVEL 1 BEGINNER

fitzeen WORKOUT TRACKER

THIS ROUTINE IS TO BE PERFORMED UNTIL IT CAN BE COMPLETED WITH LITTLE (30S) TO NO BREAKS BETWEEN EXERCISES. USE THE SPACE BELOW TO CHECK OFF EACH SET WHEN COMPLETED.

			WEEK 1			WEEK 2			WEEK 3			WEEK 4		
	EXERCISE	REPS	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3
SUPERSET	ROLLOVERS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	ROLLOVERS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REVERSE CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	ROLLOVERS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REVERSE CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
SUPERSET	FLUTTER KICKS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	RUSSIAN TWISTS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	FLUTTER KICKS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	RUSSIAN TWISTS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	FLUTTER KICKS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	RUSSIAN TWISTS	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
PLANKS	SET 1	30S	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SET 2	30S	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SET 3	30S	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

LEVEL 2 INTERMEDIATE

fitzeen WORKOUT TRACKER

THIS ROUTINE IS TO BE PERFORMED UNTIL IT CAN BE COMPLETED WITH LITTLE (30S) TO NO BREAKS BETWEEN EXERCISES. USE THE SPACE BELOW TO CHECK OFF EACH SET WHEN COMPLETED.

			WEEK 1			WEEK 2			WEEK 3			WEEK 4		
	EXERCISE	REPS	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3
SUPERSET	INCLINE REVERSE CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SWISS BALL CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	INCLINE REVERSE CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SWISS BALL CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	INCLINE REVERSE CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SWISS BALL CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
SUPERSET	SIDE PLANK CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	HEEL TOUCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	SIDE PLANK CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	HEEL TOUCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	SIDE PLANK CRUNCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	HEEL TOUCH	X10	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
BODY SAW	SET 1	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SET 2	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SET 3	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

LEVEL 3 ADVANCED

fitzeen WORKOUT TRACKER

THIS ROUTINE IS TO BE PERFORMED UNTIL IT CAN BE COMPLETED WITH LITTLE (30S) TO NO BREAKS BETWEEN EXERCISES. USE THE SPACE BELOW TO CHECK OFF EACH SET WHEN COMPLETED.

	EXERCISE	REPS	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
			DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3
SUPERSET	STRAIGHT ARM WEIGHTED CRUNCH	X12	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	WEIGHTED INCLINED REVERSE CRUNCH	X12	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	STRAIGHT ARM WEIGHTED CRUNCH	X12	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	WEIGHTED INCLINED REVERSE CRUNCH	X12	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	STRAIGHT ARM WEIGHTED CRUNCH	X12	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	WEIGHTED INCLINED REVERSE CRUNCH	X12	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
SUPERSET	SPIDERMAN PLANK CRUNCHES	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	WEIGHTED RUSSIAN TWISTS	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	SPIDERMAN PLANK CRUNCHES	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	WEIGHTED RUSSIAN TWISTS	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	REST IF NEEDED													
SUPERSET	SPIDERMAN PLANK CRUNCHES	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	WEIGHTED RUSSIAN TWISTS	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
AB ROLLER	SET 1	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SET 2	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	SET 3	X8	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐