

4-WEEK WORKOUT
PROGRESSION TRACKER



Program/Block: _____ **Week of:** _____

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____
_____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____	Wt _____ Reps _____



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