

Training - Daily Progress Report

Work Out Phase 1

Machine/4 weeks. Reps - 10-12 Reps in this phase. Sets 3

Date:	Weight	Start Time:
Day ____ of Week ____	% PBF	End Time:
Level 1 All Body		Total Time

Muscle Grp	Exercise	Sets	Reps	W	Rest Min	Recommendations
Cardio	Personal Choice					Zone 2-Can use all equipment. Read below. Track time. Speed, Incline etc. Check HR
Active Stretch	Personal Choice					Arm Circles, Stick stretch and front band stretch. Prepare for the workout session.
Core	Russian Twist					Floor/Bench/Cube weighted ball/Lift knees to chest/Tap Floor
	Farmers Carries					https://youtube.com/shorts/HDoNikik8r8?si=EciTHjQ5uK3l4Tdh
	Anti Rotation/my fav					https://youtube.com/shorts/fP4m2UkFT0c?si=ezp9jq8ZTIHVXe8p
Legs	Sumo					https://youtu.be/Sq88Uw0roVU?si=-EXtzTD_QrAtboCg
	Suitcase					https://youtube.com/shorts/l7leAZcRGd8?si=_gnKc-mc9VVpnDxk
	Pilet (PULSES)					https://youtube.com/shorts/1MKRSd3VeRI?si=5IU0_rfdrEwZld13
	Goblet					https://youtube.com/shorts/FAzXRvQqDI0?si=TpMr-MhMVVjuAiJ2
	RDL					https://youtube.com/shorts/_TchJLIBO-4?si=dJ0ZI_PIGVhlZhGq
	Calf Raises/stretch					
	Leg Press Machine	3				2 positions (Feet together/apart)
	Leg Extension	3				Machine Hold 1-2 tempo/or Resistance Band

	Ab/Adductor	3				With Resistance Band (TFL)
Upper	Modified push up	3				Shoulder width/wider/close grip
	One Arm Chest Press	3				Incline is best- https://youtube.com/shorts/Cs2uNF-jW5s?si=WTZXFFMQTQWWxvdl
	Chest Fly/Pec	3				https://youtube.com/shorts/ufNk7ZphEfM?si=We6VrRgRm2g5oeks
Shoulder	Upright Row KB	3				https://youtube.com/shorts/nJAyiX6sV3I?si=21gHqkUhFQ_StSGr
	Front Lateral					https://youtube.com/shorts/mRuBMFltx1s?si=hmOugqwTb64utTem
	Raises/side	3				https://youtube.com/shorts/CnzFux3hZZo?si=Bh0-z-S3BAjyxv3f
	Shoulder press					https://youtube.com/shorts/k6tzKisR3NY?si=9LzgrbkZQI8zJME1
	Face pulls Variations					https://youtube.com/shorts/vU30xyp6IYM?si=l2TC8fwvEsmvj91Y
Back	Reverse fly					https://youtube.com/shorts/M3udJ4o7ndU?si=dJthMp7GFxr8yIIX
	DB Row					https://youtube.com/shorts/jpi4reqwiKY?si=iUvjnAQhyQ3gievx
	Seated Row	3				Machine/ https://youtube.com/shorts/DHA7QGDa2qg?si=HOD4-6RwbZq5CKMY
Bicep	Standing DB Curl	3				Weight/Add weight if reps are easy
	Standing DB Hammer Curl	3				Weight (combine and change tempo)
Tricep	Pull Down (Rope)	3				Machine (superset advanced)
	Prone Kickbacks	3				Weight
	Skull Crushers					https://youtube.com/shorts/LswN1OwwvKU?si=nqhUyy5aEOMideoH
	Tricep Pullover					https://youtube.com/shorts/Datv2L6t3-4?si=rSfRXMzd_1i6ZXX7
	Sauna/Hydro					Muscle soreness. If you have arthritis-try prior

	Bed					you may be surprised about the results.
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If you need more information or would like to sign up for individualized, small group & nutrition please reach out. Follow me on Facebook for more recipes, health & work out tips.

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