

Living-Fit Progressive Overload Tracker



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Introduction

We've put together this planner to help beginners and seasoned workout veterans, ideal for short or long term plans

Start Date:	Phase	Number of weeks	Daily Calories	Macros F/C/P Grams	Notes
End Date:	1			/ /	
	2			1 1	
	3			1 1	
Current Figures:	4			1 1	
Weight:	5			1 1	
	6			1 1	
Muscle Mass:	7			1 1	
Body Fat %	8			1 1	
	9			1 1	
	10				
	11			/ /	
	12				

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Progress tracker

Try and weigh in and measure around the same time of the day and on the same day of the week

Phase	Weight	Body Fat	Muscle Mass	Water	Waist	Stomach	Chest	Hip	Thigh	Calf	Bicep	Forearm
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 8	Phase 9	Phase 10
Regular squats									
Leg Extensions (Single leg)									
Leg Press (Close)									
Leg Press (Shoulder width)									
Sumo Dumbbell Squat									
Dumbbell Split Squats									
Seated calf raises									

Exercise	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 8	Phase 9	Phase 10
Assisted Pullups									
Pull downs (Wide grip)									
Dumbbell rows									
Pull downs (Close grip)									
Back extentions									
Single arm pull downs									
Seated row									
Preacher bench (EZ-Curl)									
Concentration curl									
Dumbbell curl									

Exercise	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 8	Phase 9	Phase 10
Flat bench press									
Flat dumbbell fly									
Incline bench press									
Cable fly									
Front dumbbell raise (Palms up)									
Weighted dips									
Close grip press									
Single arm triceps cable exten- tions									
Skull crushers									

Exercise	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 8	Phase 9	Phase 10
Straight leg deadlifts									
Leg press (Feet high and wide)									
Hamstring curls (Machine)									
Hip thrusts (Smith machine)									
Dumbbell split									
Goblet squats									
Standing calf raises									
Straight bar curls									
Dumbbell curls									
Hammer curls									

Exercise	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6	Phase 8	Phase 9	Phase 10
Seated press									
Seated Y raise									
Seated lateral raise									
Upright row (Smith machine)									
Dumbbell front raise									
Shrugs (Smith machine)									
V-bar push downs									
Triceps rope extentions									
Single arm cable extention									



A quick thank you from our team

We hope our progress tracker came in useful while following the progressive overload program, feel free to check out our other free workout programs and fitness information online

Success is not final, failure is not fatal: it is the courage to continue that counts."

- Winston S. Churchill