

6-Week Strong & Sleek Summer Body Challenge

Superset Style: 50/20 x 3 / 4 Blocks of Supersets

Barbell OR Dumbbell Strength Workout

Workout Tracker ~ Week # _____ Date: _____

Strength Workout #1: Bench & Barbell Booty Workout

Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
Front Squats (Goblet Squats)			
Bicep Curls			
Rest			
Push Ups (Inverted)			
One-Legged Deadlift			
Rest			
Front Lunges			
Wide-Grip Rows			
Rest			
Skull Crushers			
Reverse Crunches			

Strength Workout #2: Bench & Barbell Belly Workout

Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
Sumo Back Squat			
Tricep Press Up (Knees Up)			
Rest			
Deadlift			
Chest Press (Legs Extended)			
Rest			
Reverse Lunge + Press			
Pullover with Crunch Up			
Rest			
Reverse Grip Bicep Curl			
Row Boats			

Sample Workout Schedule:

Monday: Strength workout #1
 Tuesday: Rest
 Wednesday: HIIT workout
 Thursday: Rest
 Friday: Strength workout #2
 Saturday: Cardio class of choice
 Sunday: Rest or Yoga

YOUR Workout Schedule for
this Week:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:
