Fitness Progression Calendar

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Date								
Push-Ups								
Jump Squats								
Crunches/Planks								
Lunges								
Burpees								

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Date								
Push-Ups								
Jump Squats								
Crunches/Planks								
Lunges								
Burpees								

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Date								
Push-Ups								
Jump Squats								
Crunches/Planks								
Lunges								
Burpees								

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Jump Squats								
Crunches/Planks								
Lunges								
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