Weight Tracking Sheets

Workout: Chisel Balance

Date:					
Warm Up					
Round 1 - 15 Reps					
1 Leg Squat Sit (R)					
1 Leg Squat Sit (L)					
1 Leg Squat Sit (R)					
1 Leg Squat Sit (L)					
Round 2 - 15 Reps					
1 Leg Bridge Pullover (R)					
1 Leg Bridge Pullover (L)					
Round 3 - 15 Reps					
1 Leg Squat Deadlift (R)					
1 Leg Squat Deadlift (L)					
1 Leg Squat Deadlift (R)					
1 Leg Squat Deadlift (L)					
Round 4 - 15 Reps (No Weight)					
Up-Downs (R)					
Up-Downs (L)					
Round 5 - 15 Reps (No Weight)					
Bulgarian Split Squat Jump (R)					
Bulgarian Split Squat Jump (L)					
Bulgarian Split Squat Jump (R)					
Bulgarian Split Squat Jump (L)					
Round 6 - 15 Reps					
Renegade Row Balance (R)					
Renegade Row Balance (L)					
Renegade Row Balance (R)					
Renegade Row Balance (L)					
Round 7 - 15 Reps					
1 Arm Press Bridge (R)					
1 Arm Press Bridge (L)					
1 Arm Press Bridge (R)					
1 Arm Press Bridge (L)					
Round 8 - 15 Reps					
Forward Row/Pistol Squat (R)					
Forward Row/Pistol Squat (L)					
Forward Row/Pistol Squat (R)					
Forward Row/Pistol Squat (L)					