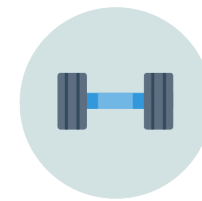




Exercise Progress Chart



Strength Progress	Number of Repetitions						Weight						lovetoknow advice women can trust
	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6	
Bench press													
Deadlift													
Power Progress	Number of Repetitions												
	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6							
Push-Ups													
Squats													
Explosive Power Progress	Height/Distance												
	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6							
Box jump													
Medicine ball toss													
Endurance	Time												
	MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6							
1 mile run													
Plank hold													