

ISO SPEED HAMMER

Hammer & Chisel Weight Tracker

Equipment Needed: Bench (or ball), resistance band, weights, pull up bar.

Date/Week

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Push up	No Weights	No Weights	No Weights	No Weights	No Weights
Reverse lunge					
Chin ups					
Side lateral raise					
Sumo squat					
Rear cross delt fly					
Pistol squat					
Curl face down					
Calf raises					
Triceps kickback					

Notes: