



TIFFANY'S
TRAINING

PROGRESSIVE OVERLOAD TRACKER

Track It. Improve It. See Your Results.



4 STRENGTH



2 & 3 CARDIO



1 MOBILITY

REPETITION +
PROGRESSIVE OVERLOAD
= REAL STRENGTH GAINS

WEEK	DAY	WORKOUT	WEIGHT		REPS	SETS	RPE (1-10)	TUT (sec) (mobility only)
			LB (pounds)	KG (kilograms)				
Week 1 1 Dumbbell icon	MONDAY	Push Strength (Upper Body, 30 min)						
	TUESDAY	MIXED Cardio HIIT, 30 min						
	WEDNESDAY	Total Body Strength (45 min)						
	THURSDAY	Cardio (Jumping, 45 min)						
	FRIDAY	Pull Strength (Upper Body, 30 min)						
	SATURDAY	Lower Body Strength (30 min)						
	SUNDAY	Stretch & Mobility (25 min)						
Week 2 2 Dumbbell icon	MONDAY	Lower Body Strength (30 min)						
	TUESDAY	Cardio (Jumping, 45 min)						
	WEDNESDAY	Pull Strength (Upper Body, 30 min)						
	THURSDAY	MIXED Cardio HIIT, 30 min						
	FRIDAY	Push Strength (Upper Body, 30 min)						
	SATURDAY	Total Body Strength (45 min)						
	SUNDAY	Stretch & Mobility (25 min)						
Week 3 3 Dumbbell icon	MONDAY	Lower Body Strength (30 min)						
	TUESDAY	MIXED Cardio HIIT, 30 min						
	WEDNESDAY	Total Body Strength (45 min)						
	THURSDAY	Cardio (Jumping, 45 min)						
	FRIDAY	Push Strength (Upper Body, 30 min)						
	SATURDAY	Pull Strength (Upper Body, 30 min)						
	SUNDAY	Stretch & Mobility (25 min)						
Week 4 4 Dumbbell icon	MONDAY	Total Body Strength (45 min)						
	TUESDAY	Cardio (Jumping, 45 min)						
	WEDNESDAY	Lower Body Strength (30 min)						
	THURSDAY	MIXED Cardio HIIT, 30 min						
	FRIDAY	Push Strength (Upper Body, 30 min)						
	SATURDAY	Pull Strength (Upper Body, 30 min)						
	SUNDAY	Stretch & Mobility (25 min)						



WHAT IS PROGRESSIVE OVERLOAD?

Gradually increase the challenge over time by adding weight, reps, sets or improving your form and time under tension.



TRACKING = IMPROVEMENT = RESULTS

Small improvements. Big results.

DON'T JUST WORK OUT. TRACK YOUR PROGRESS!

RPE (RATE OF PERCEIVED EXHAUSTION)

1-2 Very Easy
3-4 Easy
5-6 Moderate
7-8 Hard
9-10 Very Hard

How hard the set
felt on a scale of
1 to 10.



TUT (TIME UNDER TENSION)

The total time your
muscles are under
tension during a
mobility exercise.
Record the total
seconds.



WEIGHT (LB & KG)

Record the weight you used.
LB = Pounds KG = Kilograms

BUILD STRENGTH. BUILD CONFIDENCE. BUILD A STRONGER YOU. ♥



TIFFANY'S TRAINING

You've got this! ♥