

LIVING ROOM BENCHMARK

		EXAMPLE		
		01/01/2020		
		Round 1	Round 2	Round 3
50 JACKS	Reps	50	50	38
	Level	1	1	1
	Full ROM?	yes	yes	yes
	At Tempo?	yes	yes	yes
	Advance level next time?	NO		
40 MT. CLIMBERS	Reps	40	40	40
	Level	1	1	1
	Full ROM?	yes	yes	yes
	At Tempo?	yes	yes	NO
Advance level next time?		NO		
30 LATERALS	Reps	30	30	38
	Level	1	1	1
	Full ROM?	YES	YES	YES
	At Tempo?	YES	YES	YES
Advance level next time?		YES		
20 PUSH-UPS	Reps	20	20	20
	Level	1	1	1
	Full ROM?	yes	yes	NO
	At Tempo?	yes	yes	yes
Advance level next time?		NO		
10 UP DOWNS	Reps	10	10	10
	Level	1	1	1
	Full ROM?	YES	YES	YES
	At Tempo?	YES	YES	YES
Advance level next time?		YES		
NOTES:	<i>I paused the video for 10 minutes between push-ups and up-downs on Round 3.</i>			

		REAL WEIGHT LOSS	WEEK:		
		Date:			
		Round 1	Round 2	Round 3	
50 JACKS	Reps				
	Level				
	Full ROM?				
	At Tempo?				
	Advance level next time?				
40 MT. CLIMBERS	Reps				
	Level				
	Full ROM?				
	At Tempo?				
Advance level next time?					
30 LATERALS	Reps				
	Level				
	Full ROM?				
	At Tempo?				
Advance level next time?					
20 PUSH-UPS	Reps				
	Level				
	Full ROM?				
	At Tempo?				
Advance level next time?					
10 UP DOWNS	Reps				
	Level				
	Full ROM?				
	At Tempo?				
Advance level next time?					
NOTES:					