

### 3-3-3 Workout Routine: Weekly Tracker

Week of: \_\_\_\_

**Instructions:** Each workout includes 3 exercises, 3 sets each, 3 times per week. Fill in your chosen exercises and tick off your progress.

#### Your Chosen Exercises:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Day	Exercise 1 (Sets/ Reps/Time)	Exercise 2 (Sets/ Reps/Time)	Exercise 3 (Sets/ Reps/Time)	Completed (√)	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**Weekly Reflection:** - How did your body feel this week? \_\_\_\_ - What went well? \_\_\_\_ - ***What can be improved next week?*** \_\_\_\_

#### Beginner-Friendly Exercise List

Choose 3 from this list to build your own 3-3-3 routine. All exercises require no equipment:

**Upper Body Options:** - Wall Push-Ups - Knee Push-Ups - Incline Push-Ups (hands on a chair) - Arm Circles - Superman Raises

**Lower Body Options:** - Bodyweight Squats - Chair-Assisted Squats - Glute Bridges - Standing Calf Raises - Step-Ups (on stairs)

**Core Options:** - Plank Hold (on elbows or hands) - Bird-Dog - Dead Bug - Seated Knee Tucks - Lying Leg Raises

Mix and match based on comfort, or rotate each week to keep things fresh.

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Keep going! Small steps lead to big results. 💪

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