



APRIL 2021 BENCHMARK TRACKER

Do them in order. Finish all reps before moving on. 10 min max running clock. Do burpees if you finish before 10 min and count 'em up.

Movements	#	wgt	mod
1) KB swing	15		
2) Push-up	15		
3) Pull-up	15		
4) KB front squat	15		
5) ITH tire deadlift	15		
6) Ring mantis	15		
7) Farmer twist calf raise	15		
8) Reverse lunge KB thruster	15		
Total			

wgt: put your weights in this column
 mod: add mods or notes in this column

Track Results

Enter burpees and finishing times. If you don't finish in 10 min enter reps from the last move you were on (ie...#7/9 means you got to 9 reps of Farmer twist calf raise). Modify weight and reps (up/down) to make the most of your 10 minutes. Track it weekly in April then do once a month.

April 2021

4/5	4/12	4/19	4/26

Spring/Summer 2021

May	June	July	Aug

Fall/Winter 2021

Sept	Oct	Nov	Dec

Goal 2022