TRU TRAINING Sculpt

Progressive Overload Tracker

Welcome to your Sculpt Progressive Overload Tracker! The purpose of this document is to help provide a means for you to track your progress week by week. There is a space for you to record what weight you used, as well as how long you rested in between sets.

Progressive overload is key to continuing making progress and preventing a plateau. However, there are some important considerations to understand.

1) If you're a beginner, please understand that any demand you are placing on your body is going to create an adaptation. What that means is that you do not need to be so concerned with adding extra resistance too soon. In fact, adding extra resistance before you've mastered your bodyweight can lead to increased risk for injury and imbalances, as your body will be forced to make compensations and modify the movement to complete it, sacrificing proper movement mechanics. Master your bodyweight first, then add resistance. For true beginners, you may want to focus more on tracking your rest times in between sets until you feel stronger in your body and confident in your movement.

2) You don't need to add weight every single week. The body takes time to adapt. Every workout should feel challenging, and if you are still being challenged by the same weight you used last week or even the week before that, it's fine to keep the same weight. The goal is to master these movements, especially the ones you are repeating every week. You can always test out an increased resistance for a set to see how it feels, and if you feel that you are compromising the movement in any way, return to the previous weight.

3) Remember that you can always increase the challenge by also adding a few extra reps or by holding an ISO hold for a bit longer. There are many ways to accomplish progressive overload. Just be sure that you are doing it wisely and are ready to progress.

4) Not every movement from the program is included in this tracker, but only the ones that you could add weight on. For any progress you make in other movements, you can record that in the extra "Notes" section provided. 5) Finally, remember that you are stronger than you think. Oftentimes, it's our mind that is holding us back. Don't be afraid to gradually test your limits. You may surprise yourself!

Now, let's Sculpt that body and mind!

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Bodyweight Squats Dynamic/ISO - Set 1								
Bodyweight Squats Dynamic/ISO - Set 2								
Bodyweight Squats Dynamic/ISO - Set 3								
Alternating Reverse Lunge Dynamic/ISO - Set 1								
Alternating Reverse Lunge Dynamic/ISO - Set 2								
Alternating Reverse Lunge Dynamic/ISO - Set 3								
Bench or Couch Bucks			▓	▓	▓	▓	▓	▓
Bench or Couch SL Buck	▓	▓	▓	▓				
Wall Supported Heel Raises - From Floor			▓	▓	▓	▓	▓	▓
Wall Supported Heel Raises - Elevated Heel	▓	▓			▓	▓	▓	▓
Rest time in between sets (Circuit A (or 1))								
Rest time in between sets (Circuit B (or 2))								
Rest time in between sets (Circuit C (or 3))								
Rest time in between sets (Circuit D (or 4))								

Notes (Please use this section to make note of other areas where you practiced progressive overload, such as adding a few reps or increasing the time during an ISO hold!)

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
DB All Four Tricep Kickback			■	■				
DB Zottman Curls					■	■		
DB Skullcrushers	■	■						
DB Chest Press	■	■	■	■				
DB Bent Over Tricep Kickback	■	■	■	■	■	■		
Rest time in between sets (Circuit A (or 1))								
Rest time in between sets (Circuit B (or 2))								
Rest time in between sets (Circuit C (or 3))								
Rest time in between sets (Circuit D (or 4))								

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
DB RDLs 3:3:3								
Wall Supported DB Lateral Lunge								
Good Mornings (10, 10, 10)								
Rest time in between sets (Circuit A (or 1))								
Rest time in between sets (Circuit B (or 2))								
Rest time in between sets (Circuit C (or 3))								
Rest time in between sets (Circuit D (or 4))								
Rest time in between sets (Circuit E (or 5))								

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