


Name: _____


Start Date: _____


ADVANCED Fitness Milestones


Now that you have moved up- don't forget to check beginner baselines again. You will be making some big progress.


1. For your 1st ADVANCED workout, you will be doing all 5 milestones. Don't try to kill it. We are just setting baselines. :).
2. Every time you do a cardio workout, perform 1 milestone test at the beginning after you have warmed up.
3. Be sure you check your previous results, so you know what you need to beat!
4. Record here, but don't forget to put the info in your admin account too. ADMIN.JAMWORKOUT.COM/AUTH - Fitness Milestones ADVANCED

| 3 Mile Walk/Run  | |
|---|------|
| Date | Time |
| 1. | |
| 2. | |
| 3. | |

| Push Ups with Knee  | |
|--|-------|
| Date | Count |
| 1. | |
| 2. | |
| 3. | |

| 500 Jump Rope  | |
|---|------|
| Date | Time |
| 1. | |
| 2. | |
| 3. | |

| Plank BirdDog  | |
|---|-------|
| Date | Count |
| 1. | |
| 2. | |
| 3. | |

| Wall Sit with Chest Press  | |
|---|------|
| Date | Time |
| 1. | |
| 2. | |
| 3. | |

After your 3rd time through each milestone, retest your previous milestones results to see even greater improvement.
This should take 4-6 weeks to accomplish if you follow the schedule.
Always consult a physician before starting any fitness program.