


Name: \_\_\_\_\_


Start Date: \_\_\_\_\_


# INTERMEDIATE 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 INTERMEDIATE 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](http://ADMIN.JAMWORKOUT.COM/AUTH) - Fitness Milestones INTERMEDIATE

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

Push Ups on Toes 	
Date	Count
1.	
2.	
3.	

350 Jump Rope 	
Date	Time
1.	
2.	
3.	

Plank Shoulder Touch 	
Date	Count
1.	
2.	
3.	

Wall Sit- 1 Leg 	
Date	Time
1.	
2.	
3.	

See results quicker...  
Try fasted cardio  
1-2 days a week.



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Try fasted cardio 1-2  
days a week.



After your 3rd time through each milestone, move up to Advanced. This should take 4-6 weeks to accomplish if you follow the schedule. Always consult a physician before starting any fitness program.