

LES MILLS PUMP WEIGHT TRACKING GUIDE

It's important for you to monitor the amount of weight you use workout by workout. You will be doing a maximum of 3 LES MILLS PUMP workouts per week, so make sure you track your weights for each body part or move per workout. Generally speaking, you will start to increase your weights as you grow fitter and stronger. This weight tracking guide will help to tell you when to "pump it up" for even more body transformation results.

	PUMP workouts	Warm-Up	Squats	Chest	Legs and Back	Triceps	Biceps	Lunges	Shoulders	Abs
1	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
2	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
3	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
4	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
5	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
6	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
7	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
8	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
9	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
10	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
11	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
12	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
13	Workout 1	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 2	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.
	Workout 3	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.	___ LBS.