

Push-Up & Squat Progress Tracker (8 Weeks)

Week	Push-Ups (3 Sets)	Squats (3 Sets)	Notes
1	10 × 3	10 × 3	Form sahi rakho, rush mat karo
2	12 × 3	15 × 3	Warm-up 2 min light stretch
3	15 × 3	20 × 3	Breathing par focus karo
4	20 × 3	25 × 3	Energy improve hogi
5	25 × 3	30 × 3	Consistency banaye rakho
6	30 × 3	35 × 3	Thoda rest kam karo sets ke beech
7	35 × 3	40 × 3	Form aur balance perfect rakho
8	40 × 3	45 × 3	Strong finish – full range of motion