

WORKOUT PLAN

Plan _____ Goal _____ Start date _____

DAY	SESSION	FOCUS	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
Monday			☐	☐	☐	☐	☐	☐	☐	☐
Tuesday			☐	☐	☐	☐	☐	☐	☐	☐
Wednesday			☐	☐	☐	☐	☐	☐	☐	☐
Thursday			☐	☐	☐	☐	☐	☐	☐	☐
Friday			☐	☐	☐	☐	☐	☐	☐	☐
Saturday			☐	☐	☐	☐	☐	☐	☐	☐
Sunday			☐	☐	☐	☐	☐	☐	☐	☐

Give each day a session (A to F) or a rest day. Tick a box each week you train it.

SESSION A

Focus _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

SESSION B

Focus _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

SESSION C

Focus _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

SESSION D

Focus _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

SESSION E

Focus _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

SESSION F

Focus _____

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES

[illegible]