WORKOUT CHART

Structure your weekly weight training program.

WEEK _____ / _____ / _____ to _____ / _____ / _____   **NAME** _____

GOALS _____

_____

WARM UP   DAYS: _____

ACTIVITY	SETS	REPS	TIME	DIST	INTENSITY**	NOTES

CORE BODY - STRENGTH TRAINING   DAYS: _____

EXERCISES	SETS	REPS	WEIGHT	REST TIME	NOTES

UPPER BODY - STRENGTH TRAINING   DAYS: _____

EXERCISES	SETS	REPS	WEIGHT	1RM*	REST TIME	NOTES

LOWER BODY - STRENGTH TRAINING   DAYS: _____

EXERCISES	SETS	REPS	WEIGHT	1RM*	REST TIME	NOTES

COOL DOWN   DAYS: _____

ACTIVITY	SETS	REPS	TIME	DIST	INTENSITY**	NOTES

* **1RM** - Current One Rep Max (for reference)   ** **Intensity**: easy/medium/hard or poor/good/excellent

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