WORKOUT CHART

**WEEK** / / to / /

**NAME**

**GOALS**

**WARM UP** DAYS:

ACTIVITY SETS REPS TIME DIST INTENSITY\*\* NOTES

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# CORE BODY - STRENGTH TRAINING DAYS:

EXERCISES SETS REPS WEIGHT REST TIME NOTES

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# UPPER BODY - STRENGTH TRAINING DAYS:

EXERCISES SETS REPS WEIGHT 1RM\* REST TIME NOTES

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# LOWER BODY - STRENGTH TRAINING DAYS:

EXERCISES SETS REPS WEIGHT 1RM\* REST TIME NOTES

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**COOL DOWN** DAYS:

ACTIVITY SETS REPS TIME DIST INTENSITY\*\* NOTES

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

