WORKOUT CHART

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