WEEKLY WORKOUT PLANNER

WEEK OF

WEEL		
MONDAY	TUESDAY	WEDNESDAY
EXERCISES	EXERCISES	EXERCISES
H20 0 0 0 0 0 0	H20 0 0 0 0 0 0 0	H20 0 0 0 0 0 0
THURSDAY	FRIDAY	WEEKEND
EXERCISES	EXERCISES	EXERCISES
H20	H20	H20