WEEKLY FITNESS GOALS:

	SUNDAY
ш	CALORIE GOAL
TIME	
	MUSCLES WORKED
	LOWER BODY
ACTIVITY	CORE
	UPPER BODY
AC	CARDIO
	STRETCH
	OTHER

	MONDAY	
ш	CALORIE GOA	S
TIME		
	MUSCLES WORKED	
	LOWER BODY	
=	CORE	
ACTIVITY	UPPER BODY	
¥	CARDIO	
	STRETCH	
	OTHER	

	TUESDAY				
	CALORIE GOALS				
TIME					
	MUSCLES WORKED				
ACTIVITY	LOWER BODY				
	CORE				
	UPPER BODY				
	CARDIO				
	STRETCH				
	OTHER				

	WENESDAY
AE.	CALORIE GOALS
ACTIVITY TIME	MUSCLES WORKED
	LOWER BODY
	CORE
	UPPER BODY
	CARDIO
	STRETCH
	OTHER

	THURSDAY	
w	CALORIE GOA	LS
TIME		
_	MUSCLES WORKED	
	LOWER BODY	
2	CORE	
CTIVIL	UPPER BODY	
AC	CARDIO	
	STRETCH	
	OTHER	

Г	FRIDAY
w	CALORIE GOALS
TIME	
Н	MUSCLES WORKED
	LOWER BODY
2	CORE
ACTIVITY	UPPER BODY
AC	CARDIO
111	STRETCH
	OTHER

	SATURDAY
ш	CALORIE GOALS
TIME	
П	MUSCLES WORKED
	LOWER BODY
≥	CORE
CHIVIT	UPPER BODY
A	CARDIO
	STRETCH
	OTHER

NOTES			

							LOWER BODY			
5	M		W	T	F	5	Squat	reps	sets	Bes
	1 1	- 17	70	-	1/4		Log Press	25 55		
							Lunge			
		2.0	2.7	1			Deadlift			
							Leg Extension			
		- 3	- 2	1	1	13	Wall Six	5 5		
		- 2	- /		- /		Leg Curl			
		100	- 5	100	100		Snatch			
					- 1		Calf Raises			
		100	10	100	100		Seated Calf Raises	2 3		
			- 7		- 7		Hip Abduction			
	1 0	- 0	- 0				Hip Adduction			
							UPPER BODY			
			- 6				Bench Press			
1		- 23	- 3-		- 35		Chest Press			
-		- 4	- 4				Push Ups			
		- 1	- 1		- 1		Seated Row			
		- 0					Back Extentions			
		- 6	- 6	- 6	- 6		Lat. Pulldowns	24		
							Overhead Press	100		
4							Lateral Raise	5 5		
		- 5	- 55	- 5	- 55		Front Reise	47 01		
							Bicep Curls	100		100
			- 33	- 0			Hammer Curls			
			- 0		- 0		Tricep Extention			
		- 1	. 20				Dipe			
							Kickbacks			
100	3 3	- 33		1 3	- 13	9 3	CORE	100	- 3	27433
88							Upper Abs			
100		- 21	- 31	- 31	- 31		Lower Abs			
100							Obliques			
100		- 7	100	100	- 1		Lower Back			