

# WORKOUT CHART

Structure your weekly strength training plan.

WEEK \_\_\_\_ / \_\_\_\_ / \_\_\_\_ - \_\_\_\_ / \_\_\_\_ / \_\_\_\_

GOALS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WARM UP DAYS: \_\_\_\_\_

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
	/	/		
	/	/		

## CORE BODY - STRENGTH TRAINING DAYS: \_\_\_\_\_

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES
	/			
	/			
	/			

## UPPER BODY - STRENGTH TRAINING DAYS: \_\_\_\_\_

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES
	/			
	/			
	/			
	/			
	/			

## LOWER BODY - STRENGTH TRAINING DAYS: \_\_\_\_\_

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES
	/			
	/			
	/			
	/			
	/			

## COOL DOWN DAYS: \_\_\_\_\_

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
	/	/		
	/	/		

\* **intensity:** easy/medium/hard or poor/good/excellent