

# WEEKLY WORKOUT PROGRESS

FOR THE WEEK OF \_\_\_\_\_

**GOALS**

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**SUNDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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**MONDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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**TUESDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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**WEDNESDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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**THURSDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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**FRIDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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**SATURDAY**

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

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