

# Workout Chart

Structure your strength training plan

Week:

to:

## WARM UP

Days

Exercise	Sets	Reps/Time	Weight	Notes

## CORE BODY - STRENGTH TRAINING

Days

Exercise	Sets	Reps/Time	Weight	Notes

## UPPER BODY - STRENGTH TRAINING

Days

Exercise	Sets	Reps/Time	Weight	Notes

## LOWER BODY - STRENGTH TRAINING

Days

Exercise	Sets	Reps/Time	Weight	Notes

## COOL DOWN

Days

Exercise	Sets	Reps/Time	Weight	Notes