

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