

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