

Weekly Workout Planner

WEEKLY GOALS / NOTES

MON	SETS	REPS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				

TUE	SETS	REPS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				

WED	SETS	REPS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				

THU	SETS	REPS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				

FRI	SETS	REPS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				

SAT	SETS	REPS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				

SUN	REPS	SETS	EXERCISE	CARDIO
<i>MUSCLE GROUP</i>				