

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 |
|-----------|-------------|--------|-----------|-------|
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| | / | | | |
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UPPER BODY - STRENGTH TRAINING

DAYS: _____

| EXERCISES | SETS / REPS | WEIGHT | REST TIME | NOTES |
|-----------|-------------|--------|-----------|-------|
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LOWER BODY - STRENGTH TRAINING

DAYS: _____

| EXERCISES | SETS / REPS | WEIGHT | REST TIME | NOTES |
|-----------|-------------|--------|-----------|-------|
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| | / | | | |

COOL DOWN

DAYS: _____

| ACTIVITY | TIME / DIST | SETS / REPS | INTENSITY* | NOTES |
|----------|-------------|-------------|------------|-------|
| | / | / | | |
| | / | / | | |

* **intensity:** easy/medium/hard or poor/good/excellent