WORKOUT CHART

For a structured weekly exercise plan

WEEK ____/____/____ TO ____/____/____

GOALS _____

WARM UP

DAYS _____

ACTIVITY	TIME/DIST	SETS/REPS	INTENSITY	NOTES

STRENGTH TRAINING

DAYS _____

	EXERCISES	SETS/REPS	WEIGHT	REST TIME	NOTES
UPPER BODY					
CORE					
LOWER BODY					

CARDIO TRAINING

DAYS _____

MACHINE	TIME/DISTANCE	INCLINE/RESISTANCE	HEART RATE	NOTES

COOL DOWN

DAYS _____

ACTIVITY	TIME/DIST	SETS/REPS	INTENSITY	NOTES