

My Workout Plan

Day one: _____

Today's goal:

Warmup plan:

	Set one	Set two	Set three
Exercise #1:			
Exercise #2:			
Exercise #3:			

Cooldown / stretching plan:

My Workout Plan

Day two: _____

Today's goal:

Warmup plan:

	Set one	Set two	Set three
Exercise #1:			
Exercise #2:			
Exercise #3:			

Cooldown / stretching plan:

My Workout Plan

Day three: _____

Today's goal:

Warmup plan:

	Set one	Set two	Set three
Exercise #1:			
Exercise #2:			
Exercise #3:			

Cooldown / stretching plan:

My Workout Plan

Day four: _____

Today's goal:

Warmup plan:

	Set one	Set two	Set three
Exercise #1:			
Exercise #2:			
Exercise #3:			

Cooldown / stretching plan: