

WORKOUT

Planner

DATE: _____ **FOCUS AREA:** _____ **DURATION:** _____

RESISTANCE/ STRENGTH	SET 1		SET 2		SET 3		SET 4		
EXERCISE	WEIGHT	TIME/ REPS	WEIGHT	TIME/ REPS	WEIGHT	TIME/ REPS	WEIGHT	TIME/ REPS	RPE

CARDIO	DURATION	SPEED	DISTANCE

NOTES

