

WEEKLY WORKOUT PLANNER

| | | |
|--------------|-----------------|--------------|
| NAME: | WEEK OF: | GOAL: |
|--------------|-----------------|--------------|

| DAY | FOCUS | EXERCISES | TIME/SETS |
|-------|-----------------|-----------|-----------|
| MON | UPPER BODY | | |
| TUES | CARDIO & CORE | | |
| WEDS | LOWER BODY | | |
| THURS | RECOVERY / YOGA | | |
| FRI | FULL BODY | | |
| SAT | HIIT | | |
| SUN | REST / STRETCH | | |

| | |
|----------------------------|---|
| WEEKLY NOTES | |
| BEST WORKOUT: | WATER INTAKE: ____ L/DAY |
| IMPROVEMENT NEEDED: | TOTAL TIME SPENT: ____ MINS/WEEK |

Advanced Fitness Planner

Albert A Gayle



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