

WEEKLY WORKOUT PLANNER

NAME:	WEEK OF:	GOAL:
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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

Fitness Planner Advanced

Thorsten Tschirner



Fitness Planner Advanced:

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web 1 1 contribute to determining whs regulatory requirements and standards that apply to monitoring 1 2 consult with relevant individuals and or parties to identify agents and or conditions to be measured according to organisational policies and procedures cooperates with others as part of whs monitoring processes and contributes to

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