

DAY: _____

DAILY WORKOUT

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC																			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
MON	TUES	WED	THUR	FRI	SAT	SUN																								

	WARM UP	SETS	REPS	WEIGHT	INTERVALS	REST TIME
1.						
2.						
3.						
4.						
5.						
6.						
7.						

	WORKOUT	SETS	REPS	WEIGHT	INTERVALS	REST TIME
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						

	COOL DOWN	SETS	REPS	WEIGHT	INTERVALS	REST TIME
1.						
2.						
3.						
4.						
5.						

NOTES:
