

DAY: _____

DAILY WORKOUT

JAN			FEB			MAR			APR			MAY			JUNE			JULY			AUG			SEPT			OCT			NOV			DEC		
I	2	3	4	5	6	7	8	9	IO	II	12	13	I4	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: