

WORKOUT CHART – Structure your weekly strength training plan. Week: ___/___/___ - ___/___/___

Goals: _____

WARM UP				Days: _____
Activity	Time/Dist	Sets/ Reps	Intensity*	Notes
	/	/		
	/	/		

CORE BODY – Strength Training				Days: _____
Exercises	Sets/Reps	Weight	Rest Time	Notes
	/			
	/			
	/			

UPPER BODY - Strength Training				Days: _____
Exercises	Sets/Reps	Weight	Rest Time	Notes
	/			
	/			
	/			
	/			
	/			

LOWER BODY - Strength Training				Days: _____
Exercises	Sets/Reps	Weight	Rest Time	Notes
	/			
	/			
	/			
	/			
	/			

WARM UP				Days: _____
Activity	Time/Dist	Sets/ Reps	Intensity*	Notes
	/	/		
	/	/		

*Intensity- use the rating of perceived exertion (RPE) Scale: 6 – 20 (Get copy on website below)