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|  | **Weekly Workout Planner** | | | | | |  |
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|
| MON | SETS | REPS | EXERCISE |  | CARDIO |
| *MUSCLE GROUP* |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| TUE | SETS | REPS | EXERCISE |  | CARDIO |
| *MUSCLE GROUP* |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| WED | SETS | REPS | EXERCISE |  | CARDIO |
| *MUSCLE GROUP* |  |  |  |  |
|  |  |  |  |  |
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| THU | SETS | REPS | EXERCISE |  | CARDIO |
| *MUSCLE GROUP* |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| FRI | SETS | REPS | EXERCISE |  | CARDIO |
| *MUSCLE GROUP* |  |  |  |  |
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