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|  | **Workout Planner Checklist🔑** | | | | |  |
|
| CHEST | |  | | |
| SETS | REPS | EXERCISE |
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|  |  |  |  |
|  |  |  |  |
| ARMS | |  | | |
| SETS | REPS | EXERCISE |
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|  |  |  |  |
|  |  |  |  |
| LEGS | |  | | |
| SETS | REPS | EXERCISE |
|  |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| ABS | |  | | |
| SETS | REPS | EXERCISE |
|  |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| SHOULDERS | |  | | |
| SETS | REPS | EXERCISE |
|  |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| BACK | |  | | |
| SETS | REPS | EXERCISE |
|  |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| CARDIO | |  | | |
| DIST. | TIME | EXERCISE |
|  |  |  |  |  |
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