

free printable WORKOUT SCHEDULES

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WEEKLY WORKOUT PROGRESS

FOR THE WEEK OF _____

GOALS

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

WEDNESDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

SUNDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

THURSDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

MONDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

FRIDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

TUESDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

SATURDAY

<input type="checkbox"/> CARDIO	<input type="checkbox"/> RESISTANCE	MIN <input type="text"/>
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FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

MONTHLY WORKOUT PROGRESS

FOR THE MONTH OF _____

BEGINNING OF THIS MONTH

WEIGHT		WAIST		HIPS		CHEST		THIGHS		ARMS	
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WEEK ONE

CARDIO WORKOUTS		RESISTANCE WORKOUTS		<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

WEEK TWO

CARDIO WORKOUTS		RESISTANCE WORKOUTS		<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

WEEK THREE

CARDIO WORKOUTS		RESISTANCE WORKOUTS		<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

WEEK FOUR

CARDIO WORKOUTS		RESISTANCE WORKOUTS		<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

END OF THIS MONTH

WEIGHT		WAIST		HIPS		CHEST		THIGHS		ARMS	
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