

free printable
**WORKOUT
SCHEDULES**

WEEKLY WORKOUT PROGRESS

FOR THE WEEK OF _____

GOALS

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

SUNDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

MONDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

TUESDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

WEDNESDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

THURSDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

FRIDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

SATURDAY

☐ **CARDIO** ☐ **RESISTANCE** **MIN**

FOCUS: LEGS ARMS BUTT ABS FULL B

ACTIVITY:

WEEK OF

RESISTANCE WORKOUTS

CARDBOARD WORKOUTS

NOTES:

END OF THIS MONTH

WWW.PRINTABLECRUSH.COM