Workout Schedule Template

Name _____

	Weight Training									
(L)	Quads / Glutes									
☐	Leg Press	☐	Lunge							
☐	Squat	☐								
(L)	Hamstrings									
☐	Leg Curl	☐	Straight-leg Deadlift							
☐	Hyper-extension	☐								
(L)	*Calves*									
☐	Calf Raise	☐	Single Leg Calf Raise							
☐	Calf Press	☐								
(U)	Chest									
☐	Bench Press	☐	Dip							
☐	Chest Press	☐								
(U)	Back									
☐	Row	☐	Pull-up							
☐	Pulldown	☐								
(U)	Shoulders									
☐	Upright Row	☐	Shoulder Press							
☐	Lateral Raise	☐								
(U)	*Biceps*									
☐	Curl	☐	Incline Curl							
☐	Preacher Curl	☐								
(L)	*Lower Back*									
☐	Back Extension	☐	Stiff-leg Deadlift							
☐	Hyper-extension	☐								
(L)	Abs									
☐	Crunch	☐	Leg / Hip Raise							
☐	Sit-up	☐								