

FREE WORKOUT PLANNER CALENDAR

A workout planner calendar for effective fitness goal tracking and scheduling exercise routines.

Workout Planner Calendar

September 2023

Week 2



SUNDAY

Rest day
Light jogging

MONDAY

Upper body strength training
Chess Press
Biceps curls

TUESDAY

Lower body Strength training
Dumbell Squat
Bulgarian Split Squat

WEDNESDAY

Low-impact workout
Yoga
Swimming

THURSDAY

HIIT for 30 minutes
Burpees
Planks
Mountain climbers

FRIDAY

Total-Body strength training
Deadlift
Squat
Bench Press

SATURDAY

Steady-state Cardio
Lap running
Cycling