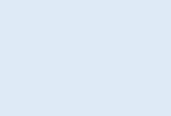
FREE WORKOUT PLANNER CALENDAR

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

Workout Planner Calendar

September 2023 Week 2



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