

Name: Joe Smith  
 Program: Strength & Endurance Training  
 Date: 01/01 to 01/31

# One-Week Workout Outline

Activity		Week # 1	Week # 2	Week # 3	Week # 4	Week # 5
Monday	Cardio	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min
	Chest / Shoulders / Triceps	4 Sets / 15 reps / 65% 1RM	4 Sets / 15 reps / 65% 1RM	4 Sets / 15 reps / 75% 1RM <b>**Increase**</b>	4 Sets / 15 reps / 75% 1RM	4 Sets / 15 reps / 75% 1RM
Tuesday	Cardio	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min
	Legs & Core	4 Sets / 15 reps / 65% 1RM	4 Sets / 15 reps / 65% 1RM	4 Sets / 15 reps / 75% 1RM <b>**Increase**</b>	4 Sets / 15 reps / 75% 1RM	4 Sets / 15 reps / 75% 1RM
Wednesday	Cardio	HITT / 30-45 min	HITT / 30-45 min	HITT / 30-45 min	HITT / 30-45 min	HITT / 30-45 min
Thursday	Cardio	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min	Treadmill / light warm up / 10 min
	Back, Biceps	4 Sets / 15 reps / 65% 1RM	4 Sets / 15 reps / 65% 1RM	4 Sets / 15 reps / 75% 1RM <b>**Increase**</b>	4 Sets / 15 reps / 75% 1RM	4 Sets / 15 reps / 75% 1RM
Friday	Cardio	HITT / 30-45 min	HITT / 30-45 min	HITT / 30-45 min	HITT / 30-45 min	HITT / 30-45 min
Saturday	Rest					
Sunday	Cardio	Light Walk / 1-3 miles	Light Walk / 1-3 miles	Light Walk / 1-3 miles	Light Walk / 1-3 miles	Light Walk / 1-3 miles

**Notes:** *Feel free to do Yoga on Saturdays.*

*Follow the Nutrition Plan we discussed. You got this! Call or text me if you need help!*