

# EXERCISE CHART

WEEK     /     /     to     /     /      
 GOALS \_\_\_\_\_

## WARM UP DAYS: \_\_\_\_\_

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES

## STRENGTH TRAINING DAYS: \_\_\_\_\_

EXERCISES	SETS / REPS	WEIGHT	REST TIME	NOTES

## CARDIO TRAINING DAYS: \_\_\_\_\_

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES

## COOL DOWN DAYS: \_\_\_\_\_

ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES