



# WORKOUT PLANNER

You do not have to plan 10 weeks worth of workouts in one go.  
Plan ahead each week and treat each workout as an appointment you do not want to miss!

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Workout	Rest	Workout	Rest	Rest	Workout	Rest
2	Workout	Rest	Workout	Rest	Rest	Workout	Rest
3	Workout	Rest	Workout	Workout	Rest	Rest	Rest
4	Workout	Rest	Workout	Rest	Workout	Extra Workout from Workout Bank	Rest
5	Workout	Rest	Workout	Workout	Rest	Rest	Rest
6	Workout	Rest	Workout	Rest	Rest	Rest	Workout
7	Workout	Rest	Workout	Workout	Rest	Rest	Extra Workout from Workout Bank
8	Workout	Rest	Workout	Workout	Rest	Rest	Rest
9	Workout	Rest	Workout	Workout	Rest	Rest	Workout
10	Workout	Rest	Workout	Workout	Rest	Rest	Extra Workout from Workout Bank



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1							
2							
3							
4							
5							
6							
7							
8							
9							
10							