EXERCISE CHART

Structure your weekly exercise plan.



OALS				
WARM UP				DAYS:
ACTIVITY	TIME / DIST	SETS / REPS	INTENSITY*	NOTES
TRENGTH TRAININ	G			DAYS:
EXERCISES	SETS/REPS	WEIGHT	RESTTIME	NOTES
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COOL DOWN				DAYS:
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^{*} Intensity: easy/medium/hard or poor/good/excellent

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