

Weekly Workout Planner

SUNDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

MONDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

TUESDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

WEDNESDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

THURSDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

FRIDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

SATURDAY

BODY WEIGHT	EXERCISE:	SETS/ REPS	DURATION	NOTES

THIS WEEK
NOTE: