

WEEKLY WORKOUT PROGRESS

FOR THE WEEK OF _____

GOALS

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WEDNESDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

SUNDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

THURSDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

MONDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

FRIDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

TUESDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

SATURDAY

CARDIO **RESISTANCE** MIN

FOCUS: LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:

MONTHLY WORKOUT PROGRESS

FOR THE MONTH OF _____

BEGINNING OF THIS MONTH

WEIGHT		WAIST		HIPS		CHEST		THIGHS		ARMS	
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▶▶▶ WEEK ONE ◀◀◀

CARDIO WORKOUTS		RESISTANCE WORKOUTS		FOCUS:	<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

▶▶▶ WEEK TWO ◀◀◀

CARDIO WORKOUTS		RESISTANCE WORKOUTS		FOCUS:	<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

▶▶▶ WEEK THREE ◀◀◀

CARDIO WORKOUTS		RESISTANCE WORKOUTS		FOCUS:	<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

▶▶▶ WEEK FOUR ◀◀◀

CARDIO WORKOUTS		RESISTANCE WORKOUTS		FOCUS:	<input type="checkbox"/> LEGS	<input type="checkbox"/> ARMS	<input type="checkbox"/> BUTT	<input type="checkbox"/> ABS	<input type="checkbox"/> FULL BODY
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NOTES:

END OF THIS MONTH

WEIGHT		WAIST		HIPS		CHEST		THIGHS		ARMS	
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