



PREP PROGRAM

WEEKLY GOAL:

DAY:
Circuit 1

Exercise	Sets	Reps	Completed

NOTES:

Circuit 2

Exercise	Sets	Reps	Completed

DAY:
Circuit 1

Exercise	Sets	Reps	Completed

Circuit 2

Exercise	Sets	Reps	Completed

DAY:
Circuit 1

Exercise	Sets	Reps	Completed

Circuit 2

Exercise	Sets	Reps	Completed

CARDIO

	Activity	Time
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		