



PROGRAM

WEEK/PHASE:

WEEKLY GOAL:

DAY:

	Circuit 1	Circuit 2	Circuit 3
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			

NOTES:

DAY:

	Circuit 1	Circuit 2	Circuit 3
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			

DAY:

	Circuit 1	Circuit 2	Circuit 3
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			
Exercise			
Sets x Reps			

CARDIO

	Day 1	Day 2	Day 3	Day 4	Day 5
Activity					
Time					