

Christsoldiergirlfitness Workout Planner

www.christsoldiergirlfitness.com

DAY: TIME (START/END): DATE:

WARMUP Before After

STRETCH Before After

Cardio? Stretch? Both?

Strength training

Muscle group worked Upper Lower Abs

| Workout | Warm up set1/rep | Warm up set 2/rep | Warm up set3/rep | Set 1/rep | Set 2/rep | Set 3/rep | Difficulty (1-10) | Next time Action plan |
|---------|------------------|-------------------|------------------|-----------|-----------|-----------|-------------------|-----------------------|
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Cardio

| Equipment | Time | Heart rate | Calories burned | Pace | Level | |
|-----------|------|------------|-----------------|------|-------|--|
| | | | | | | |
| | | | | | | |
| | | | | | | |