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WORKOUT TRACKER

A4, A5, HALF LETTER & LETTER SIZE | DIGITAL NOTEPAD PDF

WORKOUT PLAN

WEEK: _____

	EXERCISE	SETS	WEIGHT	REPS	CARDIO	FOCUS
MONDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY
TUESDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY
WEDNESDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY
THURSDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY
FRIDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY
SATURDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY
SUNDAY						☐ FULL BODY
						☐ UPPER BODY
						☐ LOWER BODY



KATACOSMIC
DESIGN