

MORNING WORKOUT SCHEDULE

GOAL: STRENGTH & HYPERTROPHY

WEEK OF: _____

		SETS	REPS	DONE
Monday	Chest & Triceps (Bench Press, Incline DB, Pushdowns)	4	8-12	
Tuesday	Back & Biceps (Deadlifts, Pull-ups, Rows, Curls)	4	8-12	
Wednesday	Active Recovery / Core (LISS Cardio & Planks)	-	30m	
Thursday	Legs & Calves (Squats, Lunges, Calf Raises)	5	10-15	
Friday	Shoulders & Upper Trap (Overhead Press, Lat Raises)	4	8-12	
Saturday	Full Body Functional (Kettlebell, Sprints, Burpees)	3	AMRAP	
Sunday	Rest & Mobility (Full Body Stretching)	-	20m	

WEEKLY PROGRESS NOTES