

MORNING WORKOUT ROUTINE

WEEK OF: _____ GOAL: _____

EXERCISE / ACTIVITY	SETS/TIME	REPS/INT.	M	T	W	T	F	S	S
Dynamic Warm-up	5 Min	--							
Primary Compound Lift	4 Sets	8-10							
Accessory Movement A	3 Sets	12							
Accessory Movement B	3 Sets	12							
Core / Stability	3 Sets	30 Sec							
Cool Down / Stretch	10 Min	Low							