

STRENGTH TRAINING MORNING SCHEDULE

WEEK OF: _____ GOAL: _____

TIME	ACTIVITY / EXERCISE	SETS/REPS	DONE
06:00 AM	Warm-up / Dynamic Stretching	10 Mins	
06:15 AM	Compound Lift (Squat/Deadlift)	5 x 5	
06:35 AM	Secondary Movement (Press/Row)	3 x 10	
06:50 AM	Accessory Work (Core/Isolation)	3 x 12	
07:05 AM	Cool Down / Mobility	5 Mins	
07:15 AM	Post-Workout Nutrition	--	

PROGRESS NOTES