

FULL BODY WORKOUT PLAN

DATE: _____

DURATION: _____

WEIGHT: _____

EXERCISE	TARGET AREA	SETS/REPS	SET TRACKER	WEIGHT
Back Squat	Quads/Glutes	3 x 8-10		_____
Bench Press	Chest/Triceps	3 x 8-10		_____
Bent Over Row	Back/Biceps	3 x 10-12		_____
Overhead Press	Shoulders	3 x 10-12		_____
Romanian Deadlift	Hamstrings	3 x 12		_____
Plank / Core	Abs	3 x 45s		-

PERFORMANCE NOTES