

MUSCLE GROUP TRAINING FOCUS

WEEK OF: _____

PHASE: _____

GOAL: _____

TARGET MUSCLE GROUP	PRIORITY	PRIMARY EXERCISES & SETS/REPS	NOTES
Chest			
Back (Width/Thickness)			
Shoulders (Deltoids)			
Quads / Glutes			
Hamstrings / Calves			
Arms (Biceps/Triceps)			
Core / Stability			

WEEKLY RECOVERY FOCUS:

NUTRITION ADJUSTMENTS:

Training Log Template Intensity Scale: 1 (Low) - 3 (High)