

Full Body Strength Training Plan

Day: _____

Weight: _____

Sleep (hrs): _____

Calories: _____

Legs

EXERCISES	IRM	SETS	REPS	WT	REST	TIME	DIST	HR	INT	NOTES

Back & Shoulders

EXERCISES	IRM	SETS	REPS	WT	REST	TIME	DIST	HR	INT	NOTES

Biceps & Triceps

EXERCISES	IRM	SETS	REPS	WT	REST	TIME	DIST	HR	INT	NOTES

Chest

EXERCISES	IRM	SETS	REPS	WT	REST	TIME	DIST	HR	INT	NOTES

Cardio & Abs

EXERCISES	IRM	SETS	REPS	WT	REST	TIME	DIST	HR	INT	NOTES

Goals: _____