Strength Training Routine Planner

| Sets 1 | 10-000 | ts 2 | Set | ts 3 | Set | s 4 | Set | ·- 5 | |
|---------------|----------|--------|---------------|-------------------|----------------------|--------------------------|-----------------------------|---------------------------------|--|
| ight Rep | s Weight | _ | | Sets 3 | | Sets 4 | | Sets 5 | |
| | | Reps | Weight | Reps | Weight | Reps | Weight | Reps | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| Focus Area: | | | |] | Duration: | | | | |
| Sets 1 | | Sets 2 | | Sets 3 | | Sets 4 | | Sets 5 | |
| ight Rep | s Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| Focus Area: | | | | Duration: | | | | | |
| Sets 1 Sets 2 | | ts 2 | Sets 3 | | Sets 4 | | Sets 5 | | |
| ight Rep | s Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | 1 | 1 | | 4 | | 4 | | | |
| | | | | | | | | | |
| | Sets 1 | | Sets 1 Sets 2 | Sets 1 Sets 2 Set | Sets 1 Sets 2 Sets 3 | Sets 1 Sets 2 Sets 3 Set | Sets 1 Sets 2 Sets 3 Sets 4 | Sets 1 Sets 2 Sets 3 Sets 4 Set | |