WEEKLY PLANNER

Week of: _____/_____

MONDAY	
	Warmup 5-10 mins
5	Squats 4-6
3	Romainian deadlifts 8-10
3	Leg extensions 12-15
3	Lunges 10/leg
3	Planks 30-60 secs
3	45 degree back ext 12-15

TUESDAY	
3	Dead bugs 60 sec
3	Bird dogs 60 sec
3	Russian twists 60 sec
3	L sits 60 sec

SUNDAY	

WEDNESDAY	
	Warmup 5-10 mins
5	Bench press 4-6
3	Lat pull-down/Pull-ups AMRAP
3	Inc DB bench press 8-10
3	Seated rows 8-10
3	DB shoulder press 8-10
3	Face pulls 12-15
2	Tricep pushdowns 10-12
2	Bicep curls 10-12

THURSDAY	
3	Dead bugs 60 sec
3	Bird dogs 60 sec
3	Russian twists 60 sec
3	L sits 60 sec

CARDIO	

FRIDAY	
	Warmup 5-10 mins
5	Deadlifts 4-6
3	Leg press 8-10
3	Leg curls 12-15
3	Hip thrusts 8-10
3	Hanging knee raises 12-15
3	DB side bends 12-15

SATURDAY	

NOTES