

Workout Plan



ID FIT PROGRAMS
www.idfit.org

Week: _____

Upper Set 1

Date:

Exercise	Weight	Reps	Notes

Lower Set 1

Date:

Exercise	Weight	Reps	Notes

Upper Set 2

Date:

Exercise	Weight	Reps	Notes

Lower Set 2

Date:

Exercise	Weight	Reps	Notes

Full Body Set

Date:

Exercise	Weight	Reps	Notes

Upper Set 3

Date:

Exercise	Weight	Reps	Notes

Lower Set 3

Date:

Exercise	Weight	Reps	Notes