

My Workout Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardiovascular Frequency:	Intensity							
	Type							
	Time							
Strength Training Frequency:	Intensity <small>Reps/sets/weight</small>							
	Type							
	Time							

Strength Training Exercises:

- | | | |
|----|----|-----|
| 1. | 5. | 9. |
| 2. | 6. | 10. |
| 3. | 7. | 11. |
| 4. | 8. | 12. |