Fitness Workout Sheet

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Conscious Living for Conscious People

Monday			Tuesday			Wednesday		Thursday		Friday			
Wrkout Type			Wrkout Type			Wrkout Type		Wrkout Type			Wrkout Type		•
Exercises	lbs	Sets x Reps	Exercises	lbs	Sets x Reps	Exercises	lbs Sets x Reps	Exercises	lbs	Sets x Reps	Exercises	lbs	Sets x Reps
1			1			1		1			1		
2			2			2		2			2		
3			3			3		3			3		
4			4			4		4			4		
5			5			5		5			5		
6			6			6		6			6		
7			7			7		7			7		
8			8			8		8			8		
9			9			9		9			9		
10			10			10		10			10		
11			11			11		11			11		
12			12			12		12			12		
13			13			13		13			13		
14			14			14		14			14		
15			15			15		15			15		

Types	Sets	Reps/ Intensity			
Stength	<6	26	> 85%		
Power	24	35	75-85%		
Hypertrophy	612	36	67-85%		
Endurance	>12	23	<67%		

Notes:

Monday	Tuesday	Wednesday	Thursday	Friday	
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