

Workout Planner/Log

Date: 25/12/1999

Name: Santa Claus

Workout							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise	Bike ride	Day off	Bike ride	Day off	Pump class	Bike ride	Bike ride
Sets	1		1		1	1	1
Reps	15 mins		15 mins		60 mins	60 mins	60 mins
Exercise	Bench press		Leg press		Stretch	Stretch	Stretch
Sets	3		6		3	3	3
Reps	10		10		3	3	3
Exercise	Bicep curls		Squats				
Sets	3		4				
Reps	10		10				
Exercise	Press up's		Hamstring curls				
Sets	6		6				
Reps	6		10				
Exercise	Stretch		Stretch				
Sets	3		3				
Reps	3		3				



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