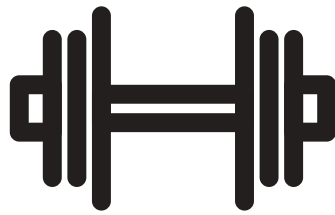


Weekly Workout Planner
**ENTER THE GYM WITH
DETERMINATION**



CLICK HERE

so I can show you exactly how to plan the most effective workouts
and a [Easy step-by-step Guide to filling out this workout planner!](#)

Monday

DATE/TIME:

CIRCUIT 1

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 2

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 3

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 4

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

30 MINS OF CARDIO

Tuesday

DATE/TIME:

CIRCUIT 1

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 2

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 3

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 4

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

30 MINS OF CARDIO

Wednesday

DATE/TIME:

CIRCUIT 1

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 2

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 3

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 4

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

30 MINS OF CARDIO

Thursday

DATE/TIME:

CIRCUIT 1

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 2

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 3

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 4

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

30 MINS OF CARDIO

Friday

DATE/TIME:

CIRCUIT 1

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 2

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 3

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 4

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

30 MINS OF CARDIO

Saturday

DATE/TIME:

CIRCUIT 1

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 2

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 3

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

CIRCUIT 4

DO 3 ROUNDS

Weighted

Body Weight

Heart rate up/
cardio

30 MINS OF CARDIO