

## Weekly Workout Planner

Day	Workout	Target Muscle Group Monday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>
Day	Workout	Target Muscle Group Tuesday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>
Day	Workout	Target Muscle Group Wednesday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>
Day	Workout	Target Muscle Group Thursday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>
Day	Workout	Target Muscle Group Friday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>
Day	Workout	Target Muscle Group Saturday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>
Day	Workout	Target Muscle Group Sunday	Sets	Reps	<input type="button" value="0"/>	Duration (min) <input type="button" value="0"/>	Notes <input type="button" value="0"/>