

Weekly Workout Planner

Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Monday						
Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Tuesday						
Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Wednesday						
Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Thursday						
Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Friday						
Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Saturday						
Day	Workout	Target Muscle Group	Sets	Reps	Duration (min)	Notes
Sunday						