

Strength Training Program Scheduler

Weekly Schedule

| Day | Exercise(s) | Sets | Reps | Load | Rest |
|-----------|-------------|------|------|------|------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

Program Goals

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Notes