

Strength Training Planner

Plan Name

e.g., Full-Body Beginner

Goal

Select goal



Training Days per Week

Workout Schedule

Day	Target Muscle Group	Notes
Monday	e.g., Upper Body	Optional
Tuesday	e.g., Lower Body	Optional
Wednesday	e.g., Rest	Optional

Add or edit days as needed.

Sample Workout Template

Exercise	Sets	Reps	Load/Weight	Notes
Squat			e.g., 50kg	Tempo, etc.
Bench Press			e.g., 40kg	Incline, etc.
Add exercise				

Customize your exercises as preferred.

Notes

Additional remarks, reminders, etc.