

# 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.