

Monthly Exercise Routine

Week	Day	Exercise	Sets	Reps/Time	Notes
1	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				
2	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				
3	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				
4	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				

Week	Day	Exercise	Sets	Reps/Time	Notes
	Saturday				
	Sunday				

General Notes:

Write your comments or observations here...