

# WEEKLY WORKOUT PROGRESS

FOR THE WEEK OF \_\_\_\_\_

## GOALS

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## SUNDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:


## MONDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:


## TUESDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:


## WEDNESDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:


## THURSDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:


## FRIDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:


## SATURDAY

**CARDIO**  **RESISTANCE**

**FOCUS:** LEGS ARMS BUTT ABS FULL BODY

ACTIVITY:
