

WEIGHT LIFTING WORKOUT SCHEDULE

Name _____ Week Ending _____

DATE _____

ROUTINE	W	SETS	R	W	SETS	R	W	SETS	R	W	SETS	R	W	SETS	R	W	SETS	R
STRETCH OUT																		
BENCH PRESS																		
CURL																		
MILITARY PRESS																		
SEATED ROW																		
TOE RAISE																		
LEG PRESS																		
BUTTERFLY																		
LAT PULL DOWN																		
TRICEPS EXT.																		
LEG EXTENSION																		
SIT-UPS																		
PUSH-UPS																		

W = WEIGHT USED SETS = NUMBER OF SETS R = REPETITIONS