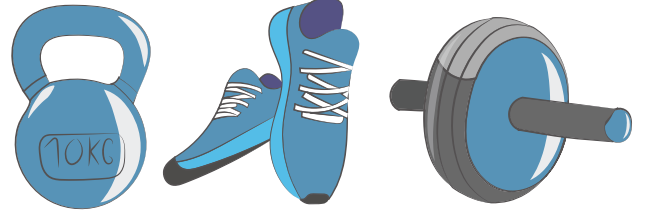


# weekly workouts planner

WEEK OF : \_\_\_\_\_

GOALS :  \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

