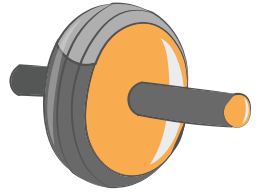


weekly workouts planner

WEEK OF : _____

GOALS : _____



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

