

Fitness Plan: Exercise

Upper-Body: 2 times/ per week

Lower-Body: 2 times/per week

Cardiovascular: 3 times/per week

Sporting/Fun: 3 times/ per week

	Day: Date:	Day: Date:
	Fitness- Week 1	Fitness- Week 2
Chest:		
Shoulders:		
Back:		
Triceps:		
Biceps:		
Quads:		
Hamstrings:		
Calves:		
Abs:		
Cardiovascular:		
Sport/Fun:		