LIFTING *Session* TRAINING *Day*

UPPER / LOWER / FULL BODY

M/ T/ W/ T/F/S /S

M / Y

WARM-UP:

ENERGY BEFORE

MOOD BEFORE

ENERGY AFTER

MOOD AFTER

SETS	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	TEMPO/ NOTES/RPE
A/B/C/D		REPS /LBS	REPS /LBS	REPS /LBS	REPS /LBS	REPS /LBS	

RECOVERY:

ABS:

FINISHER:

Cardio:

NOTES:

TIME: HEART RATE : LEVEL/ SPEED:

LISS:

HIIT: