

Weekly Exercise Plan

NAME: _____

Date: _____

Sunday

Exercise	Rep/Time
Warm-Up #1	
Warm-Up #2	
Dynamic Stretching #1	
Dynamic Stretching #2	
Dynamic Stretching #3	
Conditioning #1	
Conditioning #2	
Conditioning #3	
Cool-Down #1	
Cool-Down #2	

Monday

Exercise	Rep/Time
Warm-Up #1	
Warm-Up #2	
Dynamic Stretching #1	
Dynamic Stretching #2	
Dynamic Stretching #3	
Conditioning #1	
Conditioning #2	
Conditioning #3	
Cool-Down #1	
Cool-Down #2	

Tuesday

Exercise	Rep/Time
Warm-Up #1	
Warm-Up #2	
Dynamic Stretching #1	
Dynamic Stretching #2	
Dynamic Stretching #3	
Conditioning #1	
Conditioning #2	
Conditioning #3	
Cool-Down #1	
Cool-Down #2	

Wednesday

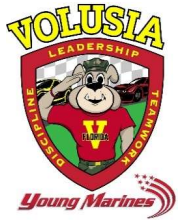
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Dynamic Stretching #2	
Dynamic Stretching #3	
Conditioning #1	
Conditioning #2	
Conditioning #3	
Cool-Down #1	
Cool-Down #2	

Thursday

Exercise	Rep/Time
Warm-Up #1	
Warm-Up #2	
Dynamic Stretching #1	
Dynamic Stretching #2	
Dynamic Stretching #3	
Conditioning #1	
Conditioning #2	
Conditioning #3	
Cool-Down #1	
Cool-Down #2	

Friday

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Warm-Up #2	
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