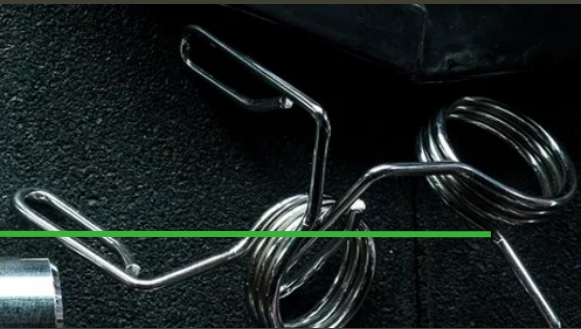




## *Workout planner*

*Thank you for choosing our workout planner, we hope it meets your needs, feel free to leave some feed back as we are always looking for ways to improve out content.*





## Introduction

We've put together this planner to help beginners and seasoned workout veterans, ideal for short or long term plans

*Start Date:*

*End Date:*

*Goal(s):*

*Current Figures:*

*Weight:*

*Body Fat %:*

*Muscle Mass:*

| Phase | Number of weeks | Daily Calories | Macros F/C/P Grams | Notes |
|-------|-----------------|----------------|--------------------|-------|
| 1     |                 |                | / /                |       |
| 2     |                 |                | / /                |       |
| 3     |                 |                | / /                |       |
| 4     |                 |                | / /                |       |
| 5     |                 |                | / /                |       |



# Workout Planner

Daily Rotations / Split

| Week / Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|------------|---|---|---|---|---|---|---|
| 1          |   |   |   |   |   |   |   |
| 2          |   |   |   |   |   |   |   |
| 3          |   |   |   |   |   |   |   |
| 4          |   |   |   |   |   |   |   |
| 5          |   |   |   |   |   |   |   |
| 6          |   |   |   |   |   |   |   |
| 7          |   |   |   |   |   |   |   |
| 8          |   |   |   |   |   |   |   |
| 9          |   |   |   |   |   |   |   |
| 10         |   |   |   |   |   |   |   |
| 11         |   |   |   |   |   |   |   |
| 12         |   |   |   |   |   |   |   |
| 13         |   |   |   |   |   |   |   |
| 14         |   |   |   |   |   |   |   |
| 15         |   |   |   |   |   |   |   |
| 16         |   |   |   |   |   |   |   |

































































































































## *A quick thank you from our team*

We hope our workout planner came in useful while planning out your program, and helped your fitness journey to becoming a fitter, healthier version of you.

Feel free to check out our free workout programs.

*Success is not final, failure is not fatal: it is the courage to continue that counts."*

*— Winston S. Churchill*

