

WEEKLY WORKOUT PLANNER

NAME:	WEEK OF:	GOAL: Hypertrophy and power
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DAY	FOCUS	EXERCISES	TIME/SETS
MON	UPPER BODY POWER AND HYPERTROPHY	Barbell Bench Press Explosive concentric phase, controlled eccentric. Pull-Ups Full range, slow negative. Seated Dumbbell Shoulder Press Keep back straight, controlled motion. Dips Deep range of motion.	4 x 6-8 at Heavy 4 x 8-10 at Bodyweight or weighted 4 x 8-10 at Moderate to heavy 3 x 8-10 at Bodyweight or weighted
TUE	LOWER BODY STRENGTH AND POWER	Back Squats Focus on depth and explosiveness. Deadlifts Maintain form, do not round back. Walking Lunges Long stride, controlled movement. Box Jumps Explosive jump, soft landing.	4 x 6-8 at Heavy 4 x 5-6 at Heavy 3 x 12 steps each leg at Moderate dumbbells 3 x 8 at Bodyweight
WED	ACTIVE RECOVERY AND MOBILITY	Dynamic Stretching Routine Focus on hips, shoulders, and hamstrings. Foam Rolling Target major muscle groups. Light Cardio (bike or elliptical) Keep heart rate moderate.	1 x 10-15 minutes at 1 x 10 minutes at 1 x 20-30 minutes at
THU	PUSH HYPERTROPHY FOCUS	Incline Dumbbell Press Controlled form, full range. Overhead Barbell Press Engage core, no arching back. Lateral Raises Strict form to isolate delts. Triceps Rope Pushdown Squeeze at bottom contraction.	4 x 8-12 at Moderate 4 x 8-10 at Moderate 3 x 12-15 at Light 3 x 12-15 at Moderate

DAY	FOCUS	EXERCISES	TIME/SETS
FRI	PULL HYPERTROPHY FOCUS	Barbell Rows Keep back flat, controlled. Chin-Ups Full stretch and contraction. Face Pulls Focus on scapular retraction. Hammer Curls Keep elbows close to body.	4 x 8-10 at Moderate to heavy 4 x 8-10 at Bodyweight or weighted 3 x 12-15 at Light to moderate 3 x 12-15 at Moderate
SAT	LOWER BODY HYPERTROPHY AND POWER	Front Squats Keep torso upright. Romanian Deadlifts Stretch hamstrings, control descent. Bulgarian Split Squats Keep knees stable. Broad Jumps Explosive horizontal jump.	4 x 8-10 at Moderate to heavy 4 x 8-10 at Moderate to heavy 3 x 10-12 each leg at Moderate dumbbells 3 x 6-8 at Bodyweight

WEEKLY NOTES	
BEST WORKOUT:	WATER INTAKE: ___ L/DAY
IMPROVEMENT NEEDED:	TOTAL TIME SPENT: ___ MINS/WEEK

Sample By DocMiral.com