

**CLIENT**

Name \_\_\_\_\_

Age: 31

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

**COACH**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# WEEKLY WORKOUTS

*Daily Exercises**Done?*

Monday		Max Strength Squat Focus		<input type="checkbox"/>
Back Squat	Sets: <u>4</u>	Repeat: <u>3-5</u>		
Weight: <u>Heavy, 80-90% 1RM</u>				
Front Squat	Sets: <u>3</u>	Repeat: <u>6-8</u>		
Weight: <u>Moderate</u>				
Walking Lunges	Sets: <u>3</u>	Repeat: <u>10 each leg</u>		
Weight: <u>Bodyweight or light dumbbells</u>				
Note: _____				

Tuesday		Max Strength Bench Press Focus		<input type="checkbox"/>
Flat Barbell Bench Press	Sets: <u>4</u>	Repeat: <u>3-5</u>		
Weight: <u>Heavy, 80-90% 1RM</u>				
Incline Dumbbell Press	Sets: <u>3</u>	Repeat: <u>8-10</u>		
Weight: <u>Moderate</u>				
Tricep Dips	Sets: <u>3</u>	Repeat: <u>8-12</u>		
Weight: <u>Bodyweight or weighted</u>				
Note: _____				

Thursday

Max Strength Deadlift Focus

Conventional Deadlift

Sets: 4

Repeat:

3-5

Weight: Heavy, 80-90% 1RM

Romanian Deadlift

Sets: 3

Repeat:

8-10

Weight: Moderate

Barbell Rows

Sets: 3

Repeat:

8-10

Weight: Moderate

Note:



Friday

Accessory and Mobility Work

Overhead Press

Sets: 4

Repeat:

5-7

Weight: Moderate to Heavy

Pull-ups or Lat Pulldown

Sets: 3

Repeat:

6-10

Weight: Bodyweight or machine

Core Circuit (Planks, Russian Twists, Leg Raises)

Sets: 3

Repeat:

30 sec each or 15 reps

Weight:

Note:



## Local Gym

123 Fitness Ave