

PLANNER

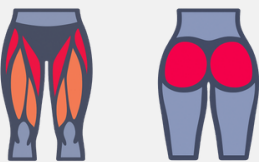
Workout

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MONDAY

SUGGESTION

Lower Body +
Gluteos



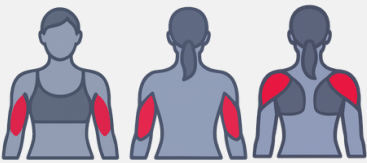
EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

TUESDAY

SUGGESTION

Upper Body +
Shoulders



EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

WEDNESDAY

SUGGESTION

Core +
Cardio



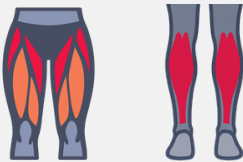
EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

THURSDAY

SUGGESTION

Lower
Body



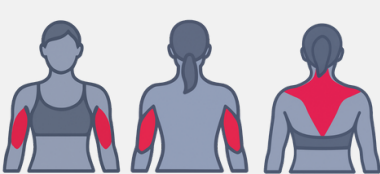
EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

FRIDAY

SUGGESTION

Upper Body +
Back



EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

SATURDAY

SUGGESTION

Light Cardio
or Rest



EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

SUNDAY

SUGGESTION

Active Recovery
(walk)



EXERCISE	REPS	SETS	WEIGHT

CARDIO	DURATION	SPEED	DISTANCE

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