

Applied Personal Fitness Workout Plan



Name _____ Period _____ Group _____

4 Week Goal: _____

| 5 Upper Body Lifts 5 Lower Body Lifts | Reps to Failure | Weight | 1 RM | 1 RM | % of 1 RM |
|---|---|--|--------|--------|---|
| Choose lifts that will work toward your goal as well as balance the workout | Select a weight that can be performed for at least 2 reps but no more than 10 reps per exercise; Record your reps | Record the weight used that fell within the 2 - 10 reps criteria | Week 1 | Week 4 | Example: Use your 1 RM weight and multiply by .75 to find 75% of your 1 RM |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |
| | | | | | _____ 1RM x %= |

Absolutes for Resistance Training Lift Performed _____

Body Position ___ Target Muscles-Major Movers ___ Range of Motion ___ Equipment Adjusted ___ Appropriate Weight ___ ___/5

Date: _____ Date: _____ Date: _____ Date: _____

| | | | |
|----------------|----------------|----------------|----------------|
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |

| | | | |
|--|---|---|--|
| Muscular Strength: 3 Sets x 4-8 Reps Moderate/Heavy Load 6 Rep Max 75% of 1 rep. max. Resting period: 2-3 minutes | Muscular Endurance: 3 Sets x 12-16 Reps Lighter Load 14 Rep Max 65% of 1 rep. max. Resting period: 30—60 seconds | Hypertrophy (Bulk): 3 Sets x 8-12 Reps Moderate Load 10 Rep Max 70% of 1 rep. max. Resting period: 45—90 seconds | Power : 3 Sets x 1-5 Reps Heavy Load 5 Rep Max 90% of 1 rep. max. Resting period: 3—5 minutes |
|--|---|---|--|

| Date | Lift | Set 1 | Set 2 | Set 3 | Total Volume |
|------|------|-------|-------|-------|--------------|
| | | / | / | / | |

| | | | |
|----------------|----------------|----------------|----------------|
| Date: _____ | Date: _____ | Date: _____ | Date: _____ |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |

| | | | |
|----------------|----------------|----------------|----------------|
| Date: _____ | Date: _____ | Date: _____ | Date: _____ |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |
| Lift: _____ | Lift: _____ | Lift: _____ | Lift: _____ |
| Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / | Wt/Reps: / / / |