

# Applied Personal Fitness Workout Plan

# #3

Name \_\_\_\_\_ Period \_\_\_\_\_ Group \_\_\_\_\_

8 Week Goal: \_\_\_\_\_

Date: _____	Date: _____	Date: _____	Date: _____
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			

Date: _____	Date: _____	Date: _____	Date: _____
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			
Lift: _____	Lift: _____	Lift: _____	Lift: _____
Wt/Reps: / / /			

### Absolutes for Resistance Training

Lift Performed \_\_\_\_\_

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

