

WEIGHT TRAINING PLAN

Prepared For: _____

Trainer: _____

	Week 1			Week 2			Week 3			Week 4			Week 5		
MONDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Flat Bench Press	2	67.5%	4/full	3	70%	3/full	3	72.5%	2/full	4	75%	1/full	2	67.5%	1/2 of full
Overhead Seated Tricep Ext	2	60	4/full	3	65	3/full	3	65	2/full	4	55	1/full	2	60	1/2 of full
Barbell Upright Row	3	65	4/full	3	70	3/full	4	75	2/full	5	80	1/full	2	65	1/2 of full
Barbell Curl	3	65	4/full	3	70	3/full	4	75	2/full	4	60	1/full	2	65	1/2 of full
TUESDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
WEDNESDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
THURSDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
FRIDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SATURDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

Notes



CONTACT: [Your Name]
 (000) 000-0000
 somewhere@domain.com

Personal Training Weight Loss Program Template

Wenbin Ji



Personal Training Weight Loss Program Template:

Decoding **Personal Training Weight Loss Program Template**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Personal Training Weight Loss Program Template**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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