

# 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 1/2 full | 2      | 67.5% | 1 1/2 full |
| Overhead Seated Tricep Ext | 2      | 80    | 4/full | 3      | 85  | 3/full | 3      | 80.5  | 2/full | 4      | 85  | 1 1/2 full | 2      | 80    | 1 1/2 full |
| Barbell Upright Row        | 3      | 65    | 4/full | 3      | 70  | 3/full | 4      | 75    | 2/full | 5      | 80  | 1 1/2 full | 2      | 65    | 1 1/2 full |
| Barbell Curl               | 3      | 65    | 4/full | 3      | 70  | 3/full | 4      | 75    | 2/full | 4      | 80  | 1 1/2 full | 2      | 65    | 1 1/2 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  
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# Personal Training Weight Loss Program Template

**Xiaolong Qi**



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