

# WEIGHT TRAINING PLAN

Prepared For: \_\_\_\_\_

Trainer: \_\_\_\_\_

	Week 1			Week 2			Week 3			Week 4			Week 5		
	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>MONDAY</b>															
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/Full
Overhead Seated Tricep Ext	2	60	4/Full	3	65	3/Full	3	6.5	2/Full	4	55	1/Full	2	60	1/Full
Barbell Upright Row	3	65	4/Full	3	70	3/Full	4	75	2/Full	5	80	1/Full	2	65	1/Full
Barbell Curl	3	65	4/Full	3	70	3/Full	4	75	2/Full	4	80	1/Full	2	65	1/Full
<b>TUESDAY</b>															
<b>WEDNESDAY</b>															
<b>THURSDAY</b>															
<b>FRIDAY</b>															
<b>SATURDAY</b>															

Notes



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# Personal Training Weight Loss Program Template

**Wolfgang Guggemos**



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