

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% | 4/30 wt 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 | 4/30 wt full |
| Barbell Upright Row | 3 | 65 | 4/full | 3 | 70 | 3/full | 4 | 75 | 2/full | 5 | 80 | 1 1/2 full | 2 | 65 | 4/30 wt full |
| Barbell Curl | 3 | 65 | 4/full | 3 | 70 | 3/full | 4 | 75 | 2/full | 4 | 80 | 1 1/2 full | 2 | 65 | 4/30 wt 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]
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Personal Training Weight Loss Program Template

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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