

# 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	80	4/full	3	85	3/full	3	80.5	2/full	4	85	1/full	2	80	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	80	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

**Canadian Fitness Professionals Inc.**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the company name.

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