Workout Montly Schedule

| Week 1 | | Focus Area: | | | | - 1 | Duration: | | | | |
|---|--------------|-------------|-----------|-------------|--------------|-------------|----------------------|--------------|--------------|-------|--|
| Resistance Training | Se | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | |
| Exercise | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | |
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| Week 2 | | Focus Area: | | | | Duration: | | | | | |
| Resistance Training | Se | Set 1 Set 2 | | | Se | t 3 | Set 4 | | Set 5 | | |
| Exercise | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Rep | |
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| Week 3 | | Foo | us Arec | a: | | 7 | Duratio | n: | | | |
| Week 3 Resistance Training | Se | | | a: t 2 | Se | et 3 | | n: st 4 | Se | et 5 | |
| o de la companya de | Se Weight | | | | Se Weight | | | | Se Weight | | |
| Resistance Training | | t 1 | Se | t 2 | 74440 | et 3 | Se | t 4 | | | |
| Resistance Training | | t 1 | Se | t 2 | 74440 | et 3 | Se | t 4 | | | |
| Resistance Training | | t 1 | Se | t 2 | 74440 | et 3 | Se | t 4 | | | |
| Resistance Training | | t 1 | Se | t 2 | 74440 | et 3 | Se | t 4 | | | |
| Resistance Training Exercise | | t 1 | Se | t 2 | 74440 | et 3 | Se | t 4 | | | |
| Resistance Training | | t 1 Reps | Se | t 2 Reps | 74440 | t 3 Reps | Se | et 4 Reps | | | |
| Resistance Training Exercise | Weight | t 1 Reps | Se Weight | t 2 Reps | Weight | Reps | Se Weight | Reps | Weight | Rep | |
| Resistance Training Exercise | Weight | t 1 Reps | Se Weight | t 2 Reps | Weight | t 3 Reps | See Weight Duration | et 4 Reps | | Rep | |
| Resistance Training Exercise Week 4 Resistance Training | Weight | Foc | Se Weight | t 2 Reps | Weight | Reps | Se Weight | Reps | Weight | Rep | |
| Resistance Training Exercise Week 4 Resistance Training | Weight | Foc | Se Weight | t 2 Reps | Weight | Reps | See Weight Duration | Reps | Weight | Rep | |
| Resistance Training Exercise Week 4 Resistance Training | Weight | Foc | Se Weight | t 2 Reps | Weight | Reps | See Weight Duration | Reps | Weight | Rep | |