BraceLab

WORKOUT *planner*

PERSONAL GOALS

Fitness Goal:

Date Range:

WEEKLY WORKOUT SCHEDULE

Day	Exercise	Warm up/ Cool Down	Duration	Intensity
Day 1	Perform as many rounds as possible in 12 minutes of: bodyweight squats, pull-ups, kettlebell swings, and burpees. Focus on pacing and consistent effort.	Active stretching	45 minutes	High
Day 2	Focus on technique and slower lifts: deadlifts, back extensions, and core work like planks and hollow holds. Add light stretching and mobility drills.	Foam Rolling	45 minutes	Low
Day 3	Complete 3 rounds as quickly as possible of: rowing, wall-ball throws, and pull-ups. Push yourself but maintain good form.	Mobility drills	30 minutes	High
Day 4	Low-effort day: gentle cycling or rowing for 20 minutes, foam rolling, light stretching, or a walk. No intense training.	Stretching	30 minutes	Low
Day 5	Combine lifting and cardiovascular work: example—moderate-weight power cleans, push-ups, box jumps, and short runs.	Breathwork	45 minutes	High