BraceLab

WORKOUT *planner*

PERSONAL GOALS

Fitness Goal:

Date Range:

WEEKLY WORKOUT SCHEDULE

Day	Exercise	Warm up/ Cool Down	Duration	Intensity
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Workout

- Back squats or goblet squats
- Dumbbell rows
- Romanian deadlifts
- Bench press or push-ups
- Pull-ups or assisted pull-ups
- Overhead press
- Farmer carries
- Deadlifts
- Bulgarian split squats
- Hamstring curls
- Glute bridges
- Wall balls
- Burpees
- 200m run
- 30 min light cardio
- Cycling
- Rowing
- Brisk walking

Recovery

- Yoga or flow mobility
- Hip and shoulder mobility drills
- Foam rolling (quads, glutes, lats)
- Stretching (hip flexors, calves, chest)
- Light walks or hikes
- Breathwork and self-massage