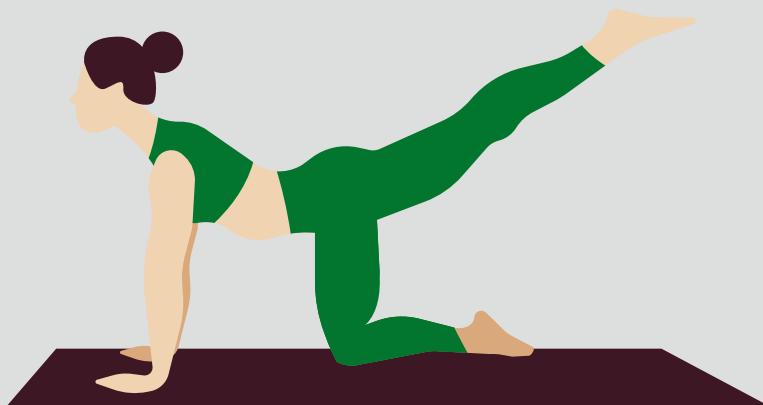


# Weekly Workout planner



DATE:

Workout  
Focus

Examples: Upper body, lower body, abs, cardio, active rest, etc.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Visit [promedica.org/blog](https://promedica.org/blog) for more health and well-being tools and tips.