

WEEKLY WORKOUT PLAN



Name:

Trainer: Coach Rahaf Malik

Goal:

Level:

SUNDAY

[illegible]

MONDAY

[illegible]

TEUSDAY

[illegible]

WEDNESDAY

[illegible]

THURSDAY

Exercises	Sets	Reps

FRIDAY

REST DAY

Allow your body to recover and rebuild for better performance next week

SATURDAY

Exercises	Sets	Reps

CARDIO

Exercises
Note:

