



Personal Training Template

Designed by [Spreadsheet Daddy](#)

		Muscle Group	Exercise	Sets	Reps	Weight	Rest	Duration	Notes
Day 1	[date]								
Day 2	[date]								
Day 3	[date]								
Day 4	[date]								
Day 5	[date]								
Day 6	[date]								
Day 7	[date]								