



Workout Plan Template

Designed by [Spreadsheet Daddy](#)

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