12-Week Strength Training & Progressive Overload Workout

FREE 2-PAGE 300 DPI PRINTABLE PDF

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Priorities

12-Week Strength Training & Progressive Overload Workout

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	1	2	3	4	5	6	7
Protein goal							
Eat veggies							
Practise language							
Drink 2L water							
No phone in bed							
Floss							
Read 20 pages							
Skincare							

Work

Home

Self

Next week