Workout Calendar

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| NAME: |  | MONTH: |  | YEAR: |  |

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| WEEK ONE |  |  |  |  |  |  |
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| WEEK TWO |  |  |  |  |  |  |
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| WEEK THREE |  |  |  |  |  |  |
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| WEEK FOUR |  |  |  |  |  |  |
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| WEEK FIVE |  |  |  |  |  |  |
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| WEEK SIX |  |  |  |  |  |  |
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| WEEK seven |  |  |  |  |  |  |
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| WEEK eight |  |  |  |  |  |  |
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* Suggested frequency of each exercise style and Rest days
* Make sure to listen to your body and adapt your schedule to prevent injury
* Fill in the calendar to match the frequencies listed below.
* You can complete more than one category in one session or at different times in the day
* Some people find it easier to complete strength training at one time in the day and cardio at another

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| --- | --- | --- | --- | --- |
| WEEK | Stairclimbing | Strength training | Cardio Circuits | Rest Days |
| 1 | 2-3 days | 2 days | 0 | 3 |
| 2 | 2-3 days | 2 days | 0 | 3 |
| 3 | 2-3 days | 3 days | 2 days | 3 |
| 4 | 3-4 days | 3 days | 2 days | 2 |
| 5 | 3-4 days | 4 days | 2 days | 2 |
| 6 | 4 days | 4 days | 3 days | 2 |
| 7 | 4 days | 4 days | 3 days | 1 |
| 8 | 5 days | 4 days | 4 days | 1 |