



WORKOUT PLANNER

Name:

 Cardio Activities:

 Strength Activities:

 Core Activities:

 Flexibility Activities:

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |

Follow the SMART START Six Week Fitness Schedule as a guide to gradually increasing your workout times – lesmills.com/smartstart

