

## The Ultimate Home Workout

Week 1						Week 2						Week 3					
Date:		Time:				Date:		Time:				Date:		Time:			
Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4
Legs						Legs						Legs					
Upper Press						Upper Press						Upper Press					
Lower Hinge						Lower Hinge						Lower Hinge					
Upper Pull						Upper Pull						Upper Pull					
Core						Core						Core					
Date:		Time:				Date:		Time:				Date:		Time:			
Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4
Legs						Legs						Legs					
Upper Press						Upper Press						Upper Press					
Lower Hinge						Lower Hinge						Lower Hinge					
Upper Pull						Upper Pull						Upper Pull					
Core						Core						Core					
Date:		Time:				Date:		Time:				Date:		Time:			
Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4
Legs						Legs						Legs					
Upper Press						Upper Press						Upper Press					
Lower Hinge						Lower Hinge						Lower Hinge					
Upper Pull						Upper Pull						Upper Pull					
Core						Core						Core					
Date:		Time:				Date:		Time:				Date:		Time:			
Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4	Exercise	Weight	Rd 1	Rd 2	Rd 3	Rd 4
Legs						Legs						Legs					
Upper Press						Upper Press						Upper Press					
Lower Hinge						Lower Hinge						Lower Hinge					
Upper Pull						Upper Pull						Upper Pull					
Core						Core						Core					

**Notes:**