



BEGINNER: 4 WEEK WORKOUT CALENDAR

Client Name _____

Personal Trainer _____

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Each week the weight should increase.	WEEK 1	Full Body with Personal Trainer 3 sets of 12 reps	Cardio & Core 3 sets of 12 reps	Full Body 3 sets of 12 reps	Mobility & Recovery 3 sets of 12 reps	Full Body 3 sets of 12 reps	Cardio & Conditioning 3 sets of 12 reps	Rest or Active Recovery
	WEEK 2	Full Body with Personal Trainer 3 sets of 10 reps	Cardio & Core 3 sets of 10 reps	Full Body 3 sets of 10 reps	Mobility & Recovery 3 sets of 10 reps	Full Body 3 sets of 10 reps	Cardio & Conditioning 3 sets of 10 reps	Rest or Active Recovery
	WEEK 3	Full Body with Personal Trainer 3 sets of 12 reps	Cardio & Core 3 sets of 12 reps	Full Body 3 sets of 12 reps	Mobility & Recovery 3 sets of 12 reps	Full Body 3 sets of 12 reps	Cardio & Conditioning 3 sets of 12 reps	Rest or Active Recovery
	WEEK 4	Full Body with Personal Trainer 3 sets of 8 reps	Cardio & Core 3 sets of 8 reps	Full Body 3 sets of 8 reps	Mobility & Recovery 3 sets of 8 reps	Full Body 3 sets of 8 reps	Cardio & Conditioning 3 sets of 8 reps	Rest or Active Recovery