

TrainingsSchedule

A summary of your personal TrainingsSchedule

by DW-j

Table of contents

1. Description

2. Plan template

2.01 Day 1

1. Description

This PDF file is a complete summary of your personal TrainingsSchedule by DW-j. This includes an overview of the plan template of your schedule, a summary of the plan, the single days as well as the exercises. Furthermore you will the see a graphic overview about all the mentioned elements.

2. Plan template

2.01 Day 1

Awesome Facts About Belgium

12

BenchpressPull-Ups

43

-Wide, Close

11, 2