

A "best" workout plan depends on your fitness level, goals, and available time. A common structure is to alternate between strength training, cardio, and rest days, with examples including a push/pull/legs split or a 3-3-3 approach (3 days strength, 3 days cardio, 3 days rest). You can also find many apps and websites that offer pre-made workout plans.

Here's a more detailed breakdown of how to create a workout worksheet:

### **1. Define Your Goals:**

#### *Strength training:*

- If your goal is to build muscle, you'll want to focus on lifting weights or using resistance bands.

#### *Cardio:*

- If your goal is to improve cardiovascular health, you'll want to choose activities like running, swimming, or cycling.

#### *General fitness:*

- If your goal is to improve overall fitness, you'll want to incorporate a mix of strength training, cardio, and flexibility exercises.

### **2. Choose Your Workout Style:**

#### *Split routines:*

- These focus on different muscle groups on different days (e.g., push, pull, legs).

#### *Full-body workouts:*

- These work all major muscle groups in one session.

#### *Circuit training:*

- This involves a series of exercises performed back-to-back with minimal rest.

#### *HIIT (High-Intensity Interval Training):*

- This alternates between short bursts of intense exercise and periods of rest or lower intensity.

### **3. Create a Sample Workout Plan:**

Monday: Push - Chest, shoulders, triceps.

Tuesday: Pull - Back, biceps, forearms.

Wednesday: Legs - Quads, glutes, hamstrings, calves.

Thursday: Rest or active recovery.

Friday: Push - Chest, shoulders, triceps.

Saturday: Pull - Back, biceps, forearms.

Sunday: Legs - Quads, glutes, hamstrings, calves.

#### **4. Choose Your Exercises:**

Strength training: Squats, lunges, push-ups, rows, deadlifts, bench press.

Cardio: Walking, running, cycling, swimming, dancing.

Flexibility: Yoga, stretching, Pilates.

#### **5. Track Your Progress:**

Keep a log of your workouts to track your progress and make adjustments as needed.

Consider using a workout app or website to help you stay on track.

#### **6. Listen to Your Body:**

Take rest days when needed.

Don't push yourself too hard, especially when you're starting out.

Adjust your workout plan as needed to accommodate your body's needs and goals.

#### **7. Consider a 3-3-3 Approach:**

A common and beginner-friendly approach is to structure your week with 3 days of strength training, 3 days of cardio, and 3 days of rest or active recovery.

This approach helps to avoid overtraining and allows your body to recover between workouts.

**Goals & Style:**

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Sunday:

Exercise	Goal	Result

Monday:

Exercise	Goal	Result

Tuesday:

Exercise	Goal	Result

Wednesday:

Exercise	Goal	Result


Thursday:

Exercise	Goal	Result

Fryday:

Exercise	Goal	Result

Saturday:

Exercise	Goal	Result

**Lessons learned & motivation:**

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