

3-DAY WORKOUT PLANNER

BY WEIGHTS & WINE

WORKOUT 1



WARM UP:

MAIN WORKOUT: ROUNDS: REPS PER EXERCISE:

COOL DOWN:

WORKOUT 2



WARM UP:

MAIN WORKOUT: ROUNDS: REPS PER EXERCISE:

COOL DOWN:

WORKOUT 3



WARM UP:

MAIN WORKOUT: ROUNDS: REPS PER EXERCISE:

COOL DOWN:

TIP: AIM TO INCLUDE AN EXERCISE FOR EACH OF THESE
MOVEMENTS: PUSH / PULL / HINGE / SQUAT / CORE