PERSONAL ADVANCED TRAINING			
Week	Date		Weight
Start Time			End Time
WARM UP:	COOL DOWN:		
CARDIO			
Exercise	H & L Intensity	Endurance	Duration
	/		
	/		
	/		
STRENGTH			
Exercise	Kg / Reps	Kg / Reps	Kg / Reps

PERSONAL ADVANCED TRAINING

NUTRITION

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Water: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

SUPPLEMENTS:

NOTES / IMPROVEMENTS / ACCOMPLISHMENTS