

NAME:

GOALS:

WORKOUT:

PHASE:

FOAM ROLLERS	DURATION

WARM-UP	DURATION	INTENSITY

EXERCISE 1	WK	SET 1 INT/REPS	SET 2 INT/REPS	SET 3 INT/REPS	SET 4 INT/REPS	SPEED	REST
	1						
	2						
	3						
	4						

Notes:

EXERCISE 2	WK	SET 1 INT/REPS	SET 2 INT/REPS	SET 3 INT/REPS	SET 4 INT/REPS	SPEED	REST
	1						
	2						
	3						
	4						

Notes:

EXERCISE 3	WK	SET 1 INT/REPS	SET 2 INT/REPS	SET 3 INT/REPS	SET 4 INT/REPS	SPEED	REST
	1						
	2						
	3						
	4						

Notes:

EXERCISE 4	WK	SET 1 INT/REPS	SET 2 INT/REPS	SET 3 INT/REPS	SET 4 INT/REPS	SPEED	REST
	1						
	2						
	3						
	4						

Notes:

EXERCISE 5	WK	SET 1 INT/REPS	SET 2 INT/REPS	SET 3 INT/REPS	SET 4 INT/REPS	SPEED	REST
	1						
	2						
	3						
	4						

Notes: