





# STRENGTH TRAINING PLAN



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PERIOD: \_\_\_\_\_

GROUP: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_

REMARKS: \_\_\_\_\_



Kardio			
Waktu	Tempo	Tempo	Tempo
10	10	10	10
10	10	10	10

Kardio			
Waktu	Tempo	Tempo	Tempo
10	10	10	10
10	10	10	10
10	10	10	10
10	10	10	10

