

# DAILY WORKOUT CHART TEMPLATE

Track daily workouts with this convenient and customizable chart template.

DAILY WORKOUT CHART					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Running Cardiovascular (Aerobic)	Dancing Cardiovascular (Aerobic)	Pull-Ups/Chin-Ups Strength Training	Planks Strength Training	Foam Rolling (Self-Myofascial Release) Flexibility and Mobility	Burpees Functional and Bodyweight
Walking Cardiovascular (Aerobic)	Boxing Cardiovascular (Aerobic)	Squats Strength Training	Russian Twists Strength Training	Tp/On Flexibility and Mobility	Mountain Climbers Functional and Bodyweight
Cycling Cardiovascular (Aerobic)	Elliptical Training Cardiovascular (Aerobic)	Lunges Strength Training	Russian Twists Strength Training	Dynamic Stretching Flexibility and Mobility	Bodyweight Squats Functional and Bodyweight
Swimming Cardiovascular (Aerobic)	Rock Climbing Cardiovascular (Aerobic)	Deadlifts Strength Training	Yoga Flexibility and Mobility	Static Stretching Flexibility and Mobility	Push-Ups Variations (e.g., Diamond push-ups, wide grip push-ups) Functional and Bodyweight
Jumping Rope Cardiovascular (Aerobic)	High-Intensity Interval Training (HIIT) Cardiovascular (Aerobic)	Bench Press Strength Training	Planks Flexibility and Mobility	Resistance Band Stretching Flexibility and Mobility	Plank Variations (e.g., side plank, forearm plank) Functional and Bodyweight
Dancing Cardiovascular (Aerobic)	Push-Ups Strength Training	Dumbbell Rows Strength Training	Stretching Flexibility and Mobility	Mobility Drills Flexibility and Mobility	Bicycle Crunches Functional and Bodyweight

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**Deborah Morley, Charles S. Parker**



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