

# WEEKLY WORKOUT PLANNER

<b>NAME:</b>	<b>WEEK OF:</b>	<b>GOAL:</b>
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DAY	FOCUS	EXERCISES	TIME/SETS
MON	UPPER BODY		
TUES	CARDIO & CORE		
WEDS	LOWER BODY		
THURS	RECOVERY / YOGA		
FRI	FULL BODY		
SAT	HIIT		
SUN	REST / STRETCH		

<b>WEEKLY NOTES</b>	
<b>BEST WORKOUT:</b>	<b>WATER INTAKE: ____ L/DAY</b>
<b>IMPROVEMENT NEEDED:</b>	<b>TOTAL TIME SPENT: ____ MINS/WEEK</b>

# Fitness Planner Advanced

**Kathryn Louise Davis**



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*merdeka com* - Feb 14 2022

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teks doa pembuka dan penutup dalam acara azhan co - Apr 30 2023

web teks doa penutup acara sebelum kita menutup acara ini marilah bersama sama kita berdoa untuk mengucapkan syukur atas acara yang telah kita laksanakan pada hari ini bagi yang beragama islam marilah kita awali dengan membaca ummul kitab al fatihah diam seketika membaca al fatihah allahumma ya allah ya tuhan kami