

12 Week Plan

Saturday Start

| Goal-1 | Goal-2 | Goal-3 |
|--------------------------------|--------------------------------|--------------------------------|
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| | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|----------|--------|--------|---------|-----------|----------|--------|
| Week-1 | | | | | | | |
| Week-2 | | | | | | | |
| Week-3 | | | | | | | |
| Week-4 | | | | | | | |
| Week-5 | | | | | | | |
| Week-6 | | | | | | | |
| Week-7 | | | | | | | |
| Week-8 | | | | | | | |
| Week-9 | | | | | | | |
| Week-10 | | | | | | | |
| Week-11 | | | | | | | |
| Week-12 | | | | | | | |