



Petal & Paper

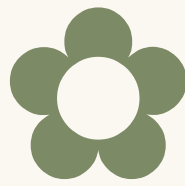
YOUR FREE PRINTABLE

Gym session plan template



Find more free wedding printables at
247printables.com

Page 2 is your clean, ready-to-print sign — edit the text in any free PDF editor.



G Y M S E S S I O N

session plan

Session · ____ Date: ____ Type: strength ☐ cardio ☐ mixed ☐

Warm-up · ____ Duration: ____mins Heart rate target: ____

Exercise 1 · ____ Sets: ____ Reps: ____ Weight: ____kg Rest: ____s

Exercise 2 · ____ Sets: ____ Reps: ____ Weight: ____kg Rest: ____s

Exercise 3 · ____ Sets: ____ Reps: ____ Weight: ____kg Rest: ____s

Exercise 4 · ____ Sets: ____ Reps: ____ Weight: ____kg Rest: ____s

Cool-down / stretch · ____ Duration: ____mins Done: ☐

P L A N I T B E F O R E · T R A C K I T D U R I N G ·
R E V I E W I T A F T E R

— edit the text in any free PDF editor —

