



Petal & Paper

YOUR FREE PRINTABLE

6-week workout programme



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6 - W E E K P R O G R A M M E

workout programme

Programme overview

Goal: strength ☐ muscle ☐ fat loss ☐ fitness ☐
Training days per week: ____ Session length: ____ mins
Equipment: gym ☐ home ☐ bodyweight ☐
Starting weights / fitness level: _____

Weeks 1–3 — building phase

Key exercise 1: _____ Week 1: _____ sets×_____reps Week 2: _____ Week 3: _____
Key exercise 2: _____ Week 1: _____ sets×_____reps Week 2: _____ Week 3: _____
Key exercise 3: _____ Week 1: _____ sets×_____reps Week 2: _____ Week 3: _____
Key exercise 4: _____ Week 1: _____ sets×_____reps Week 2: _____ Week 3: _____

Training split (weekly structure)

Day 1: _____ Day 2: _____
Day 3: _____ Day 4: _____
Day 5: _____ Rest days: _____

Weeks 4–6 — progression

Key exercise 1: Week 4: _____ Week 5: _____ Week 6: _____
Key exercise 2: Week 4: _____ Week 5: _____ Week 6: _____
Key exercise 3: Week 4: _____ Week 5: _____ Week 6: _____
6-week results: _____ Repeat or advance: _____