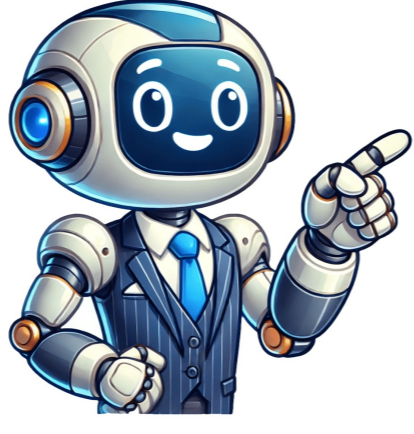


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Once you have downloaded the workout template, it is very easy to use. Here is a quick overview of how to use them, but expect to see a detailed tutorial for each type of template on its dedicated page: Open the workout template. Name it as you want. Go to the "Workout Setup" tab. Fill out each workout day by first selecting the target muscle group from the drop-down menu. Then, select the exercise you want to do from the "Exercise" drop-down menu. After that select the number of sets and rep range. Select the rest period between sets, and fill in the weight you want to use. You can also fill in any details to remember under the "Notes" column. Repeat steps 4. - 8. for each exercise you want to include in your workout. Then repeat the same for every workout day you want to add to your workout routine. Lastly, delete any empty rows by right-clicking on the row number(s) and selecting "Delete". This is how you create your workout routine using the template. Now, let's go through how to track your workouts: Open the workout file with a created workout plan. Go to the "Week 1" tab. As you do your workout, fill in data in the "Weight", "Reps" and "Weight" columns for each exercise by deleting the formula that's already in there (used to pull data from the previous sheet) and updating it with the actual numbers that you did for that workout. Do the process described above during every workout. NOTE The possibility of tracking weight and reps for each set is available only in advanced versions of the template. For basic workout template versions, you will have to input the weight used and total reps performed. Total reps mean that you would add up all the reps you did for each set and enter that total sum in the "Total Reps" column. After you have been following the workout and tracking your workouts for some time, you will get to see the overview of your progress week by week in the "Performance Tracker" tab. Here's how: Go to the "Performance Tracker" tab. Find the workout day and the exercise you want to analyze in more detail. View the total volume for the exercise across the weeks (see Volume Tracker table) as well as the weight used for that exercise (see Strength Tracker table). Analyze the percentage change in comparison to the previous week (see row under). This is how you use the workout templates to, create workout routines, stay on track with your workout routine, and analyze your progress. I hope you found this overview of the workout templates helpful. If you have any questions just contact me and I'll be happy to help you out! Whether you want to build muscles or lose weight, a workout program is crucial to achieving your fitness goals. Workout plans allow you to train in an organized way and help you achieve the best shape over time. You can download the free workout plans PDF from various fitness websites, such as [muscleandfitness.com](#), [bodybuilding.com](#), and [muscleandstrength.com](#), or create a workout routine yourself. If you want to create a workout plan by yourself, you'll need an ultimate list of exercises according to the muscle group, and if you get it from an online website, you may have to sign up for the newsletters. However, you can explore this article if you want a well-designed free workout routines PDF without sharing your emails. In this article, I've shared hundreds of free workout programs PDF, from beginner to advanced, bodyweight to resistance, and powerlifting to calisthenics. You'll get multiple workout plans, such as: Equipment-wise: Bodyweight Dumbbells Barbells Free Weights Resistance Bands Kettlebell Training type-wise: Gym HIIT Aerobic Anaerobic Isometric Plyometric Powerlifting Split type: Upper lower Split, Full-body training, Bro-split, mix split, Push, Pull, Legs (PPL). For different fitness goals, such as: Strength and hypertrophy, Strength and endurance, Endurance and speed, Mobility and flexibility, Conditioning and rehabilitation. So, if you're looking for the best home and gym workout plan pdf, download it from here based on fitness and goal. Free Workout Plans By Muscle Group Printable Gym Workout Programs 2 Day Gym Workout Program 3 Day Gym Workout Plan 4 Day Gym Workout Routine 5-Day Gym Workout Schedule 6-Day Gym Workout Plan 7-Day Gym Workout Routine Other gym workout plans: 6 Day PPL Split For Strength and Hypertrophy PDFDownload Goal-Based Free Training Programs Weight Loss Program Following a calorie-restricted diet with cardio and weight training will help you accelerate your weight loss, build strength and muscles, and improve body composition. I've created some fat-loss workout plans to help you achieve your best physique. 4-WEEK-WORKOUT-PLAN-FOR-WEIGHT-LOSS-AT-THE-GYMDownload Muscle Gain Additional muscle-building free workout programs: 8-Week-Muscle-Building-Program-PDFDownload Equipment-Based Free Exercise Plans PDF Dumbbell Routines Since the population of fitness enthusiasts is growing rapidly, many of them have started working out at home with dumbbells. The dumbbells are super-efficient, provide a full range of motion, and allow us to do various exercises at home and the gym. If you're a fitness freak looking for a well-designed and effective dumbbell workout plan, here's a list. I've created multiple DB workout routines to help you achieve your fitness goals. Other free dumbbell workout programs: 12-Week Dumbbell Training Plan PDF (Updated)Download Barbell Workout You can train with different types of equipment, such as dumbbells, resistance bands, machines, and kettlebells. However, if you're a barbell lover, you can download one of the two barbell workout plans, depending on your fitness level. Full-Body-3-Day-Barbell-WorkoutDownload Kettlebell Workout Kettlebell training is great for enhancing all-around performance. Several studies have shown that KB exercises improve performance in weightlifting and powerliftingManocchia P, Spierer DK, Lufkin AK, Minichiello J, Castro J. Transference of kettlebell training to strength, power, and endurance. J Strength Cond Res. 2013 Feb;27(2):477-84. doi: 10.1519/JSC.0b013e31825770fe. PMID: 22549084, increase maximum and explosive strength Lake JP, Lauder MA. Kettlebell swing training improves maximal and explosive strength. J Strength Cond Res. 2012 Aug;26(8):2228-33. doi: 10.1519/JSC.0b013e31825c2c9b. PMID: 22580981, and boost aerobic performances Falatic JA, Plato PA, Holder C, Finch D, Han K, Cisar CJ. Effects of Kettlebell Training on Aerobic Capacity. J Strength Cond Res. 2015 Jul;29(7):1943-7. doi: 10.1519/JSC.0000000000000845. PMID: 26102260. 12-Week-Kettlebell-Program-PDFDownload Resistance Band Workout Resistance bands are portable, effective, and inexpensive pieces of workout equipment. They can be as effective as weight training for building total-body strength and mobility. You can look into the following free workout plans to improve your physique at home. 12 Week Resistance Band Training Program Free PDFDownload Free Bodyweight Workout Routines PDF Bodyweight exercises are an excellent way to scale your fitness to the next level. You can do many exercises using your body weight at home to build strength, muscle, and endurance. However, they are challenging. I've created some easy-to-follow bodyweight workout routines. You can download the one you like from the following list. Workout-Plan-to-Get-Ripped-at-HomeDownload Free Training Plans Based on Training Styles Calisthenics Workout Calisthenics is an inexpensive and effective way to develop strength, balance, flexibility, and overall body composition effects of a calisthenics training intervention on posture, strength, and body composition - Researchgate.net. It teaches you how to use your body weight to enhance overall fitness, particularly body mechanics and flexibility. Here are some ultimate calisthenics free printable workout plans you can check out and download. High-Intensity Interval Training High-intensity Interval Training (HIIT) workouts are short, intense bursts and help you boost your overall performance. It has both aerobic and anaerobic components. It burns decent calories quickly, develops skeletal muscles, improves cardiovascular fitness, boosts endurance, speeds up fat loss, and enhances the quality of life. If you're looking for a high-intensity interval training program, get the one from the list below. Powerlifting Programs The primary goal of powerlifting is to lift as heavy as possible and increase the one-rep max (1RM) of the big three - bench press, deadlift, and squat. So, if you want to scale your lifting strength, you can follow the below program. 5-Day Powerlifting Split 4 Day Powerlifting Program 3 Day Powerlifting Plan Plyometric Routines Plyometric is a fast, challenging, and efficient training program that helps increase endurance, speed, agility, and power and enhances aerobic and anaerobic fitness. It is primarily suitable for athletes like basketball, soccer, and netball players. If you're searching for a plan, download the below. High Jump Workout Plan 4-Week Plyometric Program 25 High Jump Exercises Free Home Workout Routines PDF Free weight training particularly includes barbell, dumbbell, and kettlebell exercises. It is an excellent workout program to maximize strength and growth. So, if you love exercising with free weights, these workout routines are for you. Explore our new Workout Schedule Template! Our free and easy-to-customize Light Brown Workout Schedule template will help you get the most out of any workout. You can use this workout plan template to schedule sports activities or work events. It's time to have a healthy lifestyle. If you have made a decision to start doing sports a lot of times and then simply forgot about it, you definitely need our template. Do you want to improve your body shape? With our 10 days training schedule, everything is possible. It's time to do sports and have fun. Revamp your fitness routine with our Stylish Modern Workout Schedules Template. The contemporary design and sleek workout template make planning and tracking your trainings a stylish affair. Do you want to finally take care of your health and start exercising? Then our completely free, easy-to-use, and easy-to-customize Simple Daily Workout Schedule template is the best choice. Simplicity meets fitness with our Minimal Workout Schedules Template. Stay on top of your exercise routine with this straightforward and user-friendly template. With our Simplified Workout Schedule template with a simple design and structure, you will be motivated 24/7! Create the most convenient training schedule for yourself or the people you train. Do you want to achieve more success in sports and lose or gain weight? To do this, it is important to practice regularly and have a clear plan of workouts for the week ahead! Sorry, no templates match the selected filters. Please choose different filters. If you've decided to start training, we advise you to use the free, easy-to-customize planner, available now! With our training schedule template, you can easily and quickly create the training schedule, organize all of your exercises for each day of the week or month, and much more. On our website, you will find a massive number of relevant templates that you can use right now. However, we are making sure that the number of templates increases every day, and we create new highly specialized and versatile options for any of your needs. Our editable workout schedule templates will help you in gaining muscle mass, and in creating the proper nutrition and training schedule. Using the schedule you will be more disciplined and efficient even in everyday life. Just use our services once, and you will come back to us for other templates!