

# THRIVE

| Resistance Training |      |           |        |      |       |  |
|---------------------|------|-----------|--------|------|-------|--|
| Exercise            | Week | RepsxSets | Weight | Rest | Notes |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |
|                     | 1    |           |        |      |       |  |
|                     | 2    |           |        |      |       |  |
|                     | 3    |           |        |      |       |  |
|                     | 4    |           |        |      |       |  |