Deload week planner

An easy week on purpose, so the next block goes up.

NAME

WEEK OF

WHY I AM DELOADING

THIS WEEK I WILL

- [ ] Take 30 to 40% off every lift
- [ ] Keep the reps the same
- [ ] Stop two reps short on every set
- [ ] Walk on rest days
- [ ] Sleep an extra half hour

SESSIONS

DAY 1

DAY 2

DAY 3

HOW I FEEL BY THE END OF THE WEEK

FIRST SESSION BACK