

ADRIÁN VICENTE TAEKWONDO

# TRAINING CHART



Session / Week \_\_\_\_\_

Date \_\_\_\_\_

## TODAY'S FOCUS

Main Goal \_\_\_\_\_

## EXERCISE RECORD

### PHYSICAL PREPARATION

| Module | Exercise | Reps / Weight | Sets | Notes |
|--------|----------|---------------|------|-------|
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### TAEKWONDO PREPARATION

| Taekwondo specific exercises | Main Tasks | Notes |
|------------------------------|------------|-------|
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***!Don't forget to prepare your body with a proper warm-up before training and finish with a cool-down to support recovery and get ready for your next session.***

**IMPORTANT:** It is recommended that all readers consult their physician before starting any exercise and preparation program. Adrian Vicente Taekwondo, [adrianvicentetaekwondo.com](http://adrianvicentetaekwondo.com) and all its contributors do not accept any responsibility for any injuries that may occur as a result of following the advice or suggestions provided in this program. By using this program and all the included materials you agree to all Terms and Policies, provided and described at [adrianvicentetaekwondo.com](http://adrianvicentetaekwondo.com)