

10 WEEK PLANNER TO PRETEST or TEST

- Weekly private Martial Art Specific trainings and duration of each (goal of 2)
- Weekly interactive training with partner or in class (goal of 2)
- Weekly S & C i.e. strength training, cardio, sprints, heavy bag (goal of 1)

Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 1	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 6
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 2	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 7
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 3	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 8
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 4	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 9
Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 5	Personal <input type="text"/> Class <input type="text"/> S & C <input type="text"/>	Notes: Week 10