



Workout planner

DATE:

MUSCLE GROUP:

Upper Body

RESISTANCE Resistance Band

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Seated High Row	3	12 reps			
Band Pull Apart	3	12 reps			
Bicep Curl	3	12 reps			
Band Press	3	10 reps			
Push Ups	3	10 reps			
Rest	3	45 seconds			

How To Perform The Workout

Perform the exercises back to back without rest. Rest for 45 seconds and repeat the sequence for a total of three rounds.

