Workout
planner

DATE: _____ **MUSCLE GROUP:** Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Lunge	3-4	10 reps			
Plank Jack	3-4	30 seconds			
Sumo Squats With Pause	3-4	10 reps			
Bounds	3-4	30 seconds			
Reverse Plank Leg Lift	3-4	8 reps			

How Did The Workout Feel? Anything to make note of for next workout?