



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Squat with Foot Tap	4	20 seconds			
Sliding Crunch With Abduction	4	20 seconds			
Jumping Lunges	4	20 seconds			
Reverse Plank Swing Through	4	40 seconds			

How To Perform It

Perform each exercise back to back without rest.

After the last exercise, rest for 45 seconds before repeating from the top. Perform for a total of four rounds.

