



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Deficit Lunge	3	10 per leg			
Bodyweight Knee Extensions	3	12 per leg			
Plank Row	3	6 per arm			

How To Perform It

Perform the exercises in order for the prescribed number of repetitions. Have a timer set for one minute. When the timer goes off, start the next exercise.

Continue through the exercises for a total of three rounds.

