



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Deficit Lunge	2	30 seconds per leg			
Squats With Abductions	2	25 seconds			
Push Up With Twist	2	30 seconds			
Kneeling Knee Extensions	2	30 seconds			
Plank With Shoulder Tap	2	30 seconds			
Froggy Pumps	2	40 seconds			
Rest	2	45 seconds			

How To Perform It

Perform each exercise as listed for the prescribed duration, completing as many repetitions as you can in that time without rest.

Continue this system until the final exercise, taking a 45 second break after. Then, dive back into the workout repeating it for a total of four rounds.

