



# Workout planner

DATE: \_\_\_\_\_ MUSCLE GROUP: Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
1.5 Rep Sumo Squats (no dumbbell needed)	3	30 seconds per leg			
Mountain Climbers	3	20 seconds			
Single Leg Romanian Deadlifts	3	30 seconds per leg			
Speedy Toe Taps	3	20 seconds			
Close Grip Push Ups	3	30 seconds			
Skaters	3	20 seconds			
Bulgarian Split Squats	3	30 seconds per leg			
Plank Jacks	3	20 seconds			

How To Perform It

Perform each of the bodyweight exercises for the repetitions listed in the table below without rest.

At the end of the circuit, rest for 45-60 seconds and repeat for a total of three rounds

