



# Workout planner

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

**RESISTANCE:** Resistance Bands

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Sumo Squats	4	12 reps			
Quadruped Band Kickbacks	4	12 reps			
Band Row With pause	4	10 reps			
Mountain Climbers	4	25 seconds			
Lunge With Pull Apart and Twist	3-4	8 reps			

How To Perform The Workout

Perform all the exercises back to back without rest. Once you get to the lunges, rest for 30 seconds and repeat the sequence for a total of 4 times through.

