



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

| EXERCISE | SETS | REPS/ TIME | WEIGHT | NOTES | ✓ |
|-------------------------------------|------|---------------|--------|-------|---|
| Bulgarian Split Squats | 3 | 10 per leg | | | |
| Plank Row | 3 | 8 per arm | | | |
| Rest | 3 | 45 seconds | | | |
| 1.5 rep sumo squats | 3 | 8 | | | |
| Inverted pike press | 3 | 6 | | | |
| Side-lying hip raise with mini loop | 3 | 10 per leg | | | |
| Rest | 3 | 30 seconds | | | |
| Rolling squats or speed squats | 3 | 20 seconds | | | |
| Rest | 4 | 10 seconds | | | |
| | | | | | |

How To Perform It

Perform the first two exercises back to back without rest. After the plank row, rest for 45-60 seconds and then repeat the sequence a total of three times through. Then, move on to the next three exercises and perform them without rest.

After the side-lying hip raise, rest for 30 seconds and repeat for three rounds. Finally, finish with the rolling squats and rest 10 seconds only between sets



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|------------------------------|------|---------------|--------|-------|---|
| Dumbbell Squat & Press | 3 | 12 | | | |
| Superman row | 3 | 10 | | | |
| Rest | 3 | 45 seconds | | | |
| 1 arm DB row | 3 | 10 per arm | | | |
| Deficit lunge | 3 | 10 per leg | | | |
| Mini loop lateral plank walk | 3 | 30 seconds | | | |
| Rest | 3 | 30 seconds | | | |
| Hamstring Curl | 3 | 30 seconds | | | |
| Reverse Plank | 3 | 30 seconds | | | |
| Rest | 2 | 20 seconds | | | |

How To Perform It

Perform the first two exercises back to back without rest. After the superman row, rest for 45-60 seconds and then repeat the sequence a total of three times through. Then, move on to the next three exercises and perform them without rest.

After the plank walks, rest for 30 seconds and repeat for three rounds. Finally, finish with the hamstring curls and reverse plank resting 20 seconds between sets.

