



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Walking Lunges	3	10 per leg			
Mountain Climbers	3	20 seconds			
Rest	3	15 seconds			
Squats With 3s Bottom Pause	3	10			
Skips	3	100			
Rest	3	15 Seconds			
Bear Crawl Tabata	6	20 seconds			
Rest	6	10 seconds			

How To Perform It

Perform the first two exercises back to back. Rest for 15-30 seconds after the mountain climbers. Repeat for a total of 3 rounds. Do the same with the next 2 exercises.

Perform bear crawls for twenty seconds. Rest for ten seconds. Repeat for a total of six rounds

