



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Band Squat With Pause	3-4	10 reps			
1 Arm Row	3-4	8 reps			
Band Deadlift	3-4	10 reps			
Reverse Plank	3-4	25 seconds			
Quadruped Abductions	3-4	8 reps/leg			

Perform each exercise back to back for the prescribed number of repetitions. Once all the exercises are completed, rest for 45-60 seconds and repeat for a total of 3-4 sets depending on time.

How Did The Workout Feel? Anything to make note of for next workout?





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DATE: _____

MUSCLE GROUP: **Total Body**

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Walking Lunges	3	10 reps			
Deadlift	3	10 reps			
Rest	3	45 seconds			
Shoulder Press	3	10 reps			
Lateral raise	3	8 reps			
Single Leg Elevated Bridge	3	12 reps			
Rest	3	45 seconds			
Mini Loop Pulldown	2	10 reps			
Side Lying Hip Raise	2	8 reps			
Rest	2	30 seconds			

Perform the first two exercises back to back without rest. Then, rest for 45 seconds before repeating the sequence for three sets.

Complete the next three exercises back to back. Rest for 45 seconds and repeat that for three sets.

Finish off with the final two exercises performed back to back with thirty seconds of rest between sets.

How Did The Workout Feel? Anything to make note of for next workout?





Workout planner

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MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Band Deadlift	4-5	10 reps			
Plank Row	4-5	6 reps			
Squat and Press	4-5	10 reps			
Froggy Pumps	4-5	25 reps			

This workout is an EMOM workout. Which means every minute on the minute.

Set a stopwatch for one-minute intervals. Perform the first exercise for the prescribed reps, rest the remainder of a minute before moving on to the next exercise.

How Did The Workout Feel? Anything to make note of for next workout?

