



# Workout planner

DATE:

MUSCLE GROUP:

Upper Body

## RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Pullover	3	10			
Push Ups	3	MAX			
Rest	3	45 seconds			
1 Arm Dumbbell Row	3	10 per arm			
Floor Bow	3	30 seconds			
Rocking Plank	3	30 seconds			
Rest	3	45 seconds			
Tricep Extensions	3	15			
Rest	3	20 seconds			

### How To Perform It

Perform the first two exercises back to back without rest. Take 45 seconds to recover and perform again for a total of 3 rounds. Do the same for the next three exercises.

Move on to tricep extensions for two rounds with 20 seconds rest in between.





# Workout planner

DATE:

MUSCLE GROUP:

Lower Body

## RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Front Squats with Pause	3	8			
Hamstring Runner	3	30 seconds			
Rest	3	45 seconds			
Deficit Lunge	3	10 per leg			
Wall Glute Bridge	3	30 seconds			
Deadbug with Mini Loop	3	30 seconds			
Rest	3	45 seconds			
Sumo Walks	2	45 seconds			
Rest	3	20 seconds			

### How To Perform It

Perform the first two exercises back to back without rest. Take 45 seconds to recover and perform again for a total of 3 rounds. Do the same for the next three exercises.

Move on to sumo walks for two rounds with 20 seconds rest in between.





# Workout planner

DATE:

MUSCLE GROUP:

Upper Body

## RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bentover Underhand Row	3	10			
Inverted Pike Press	3	5			
Rest	3	45 seconds			
Alternating Floor Press	3	10 per arm			
Overhead Mini Loop Pulldown	3	10 per arm			
Mini Loop Lateral Raise	3	12 per arm			
Rest	3	45 seconds			
Plank Row	2	8 per arm			
Rest	3	30 seconds			

### How To Perform It

Perform the first two exercises back to back without rest. Take 45 seconds to recover and perform again for a total of 3 rounds. Do the same for the next three exercises.

Move on to plank rows for two rounds with 30 seconds rest in between.





# Workout planner

DATE:

MUSCLE GROUP:

Lower Body

## RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Step Out Lunge	3	30 seconds per leg			
Band Glute March	3	40 seconds			
Rest	3	45 seconds			
1.5 Rep Sumo Squats	3	8			
Dumbbell Leg Extension	3	10			
Plank with Mini Loop Abductions	3	30 seconds			
Rest	3	45 seconds			
Froggy Pumps	1	50			

### How To Perform It

Perform the first two exercises back to back without rest. Take 45 seconds to recover and perform again for a total of 3 rounds. Do the same for the next three exercises.

Move on to the froggy pumps for one all-out round.

