



Workout planner

DATE:

MUSCLE GROUP:

Upper Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Seated Dumbbell Shoulder Press	2	6			
Eccentric Push Ups	2	6			
Rest	3	3 Sets			
1 Arm Dumbbell Row With Pause	3	8 per arm			
Resistance Band Face Pull	3	10			
Superman Row	3	10			
Rest	3	3 Sets			
Rocking Planks	3	30 seconds			
Rest	3	2 Sets			

How To Perform It

Perform the first two exercises back to back without rest. After the push ups, rest for 45-60 seconds and then repeat the sequence for a total of two times through.

Then, move on to the next three exercises and perform them without rest. After the superman rows, rest for 30 seconds and repeat for three rounds. Finally, finish with the planks and rest 15 seconds between sets.





Workout planner

DATE:

MUSCLE GROUP:

Lower Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Front Squat	2	8			
Dumbbell Romanian Deadlift	2	10			
Rest	3	45-60 seconds			
Dumbbell Single Leg Hip Thrust	3	8 per leg			
Dumbbell Knee Extension	3	8			
Side Lying Hip Raise	3	8 per side			
Rest	3	30 seconds			
Reverse Plank	3	25 seconds			
Rest	3	15 seconds			

How To Perform It

Perform the first two exercises back to back without rest. After the Romanian deadlifts, rest for 45-60 seconds and then repeat the sequence for a total of two times through.

Then, move on to the next three exercises and perform them without rest. After the hip raises, rest for 30 seconds and repeat for three rounds. Finally, finish with the planks and rest 15 seconds between sets.



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bulgarian Split Squats	2	8 per leg			
Inverted Pike Press	2	8			
Rest	3	45-60 seconds			
Plank Row	3	8 per arm			
1.5 Rep Sumo Squats	3	10			
½ Kneeling Dumbbell Parlof Press	3	6 per side			
Rest	3	30 seconds			
Duck walks	3	20 seconds			
Rest	2	15 seconds			

How To Perform It

Perform the first two exercises back to back without rest. After the pike press, rest for 45-60 seconds and then repeat the sequence for a total of two times through.

Then, move on to the next three exercises and perform them without rest. After the parlof press, rest for 30 seconds and repeat for three rounds. Finally, finish with the duck walks and rest 15 seconds between sets.



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Walking Lunges	4	45 seconds			
Mountain Climbers	4	30 seconds			
Step out lunge	4	30 seconds per leg			
Side Plank Push Up Rotation	4	40 seconds			
Rolling Squats	4	30 seconds			
Rest	4	45-60 seconds			

How To Perform It

Perform the exercises back to back without rest.

After the rolling squats, rest for 45-60 seconds before performing the circuit again for a total of four times through.

