



# Workout planner

**DATE:** \_\_\_\_\_ **MUSCLE GROUP:** Upper Body

**RESISTANCE:**

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Single arm shoulder press	3-4	8 per arm			
Band Row	3-4	10			
Leg Raises	3-4	10			
Band Pull Apart	3-4	10 overhand + 10 underhand			
Push Ups	3-4	8			
Plank	3-4	30 seconds			
Rest	3-4	45 seconds			

How To Perform It
Perform each exercise without rest in order for the reps.
At the end of the exercises, take a 45s break and repeat the circuit for a total of 3-4 rounds.

