



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE: Resistance Bands

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Banded Curtsy Lunge	2	45 seconds			
Elevated Band Bridge	2	45 seconds			
Side Lying Hip Raise	2	25 seconds			
Rest					
Quadruped Hip Extensions	2	30 seconds			
Froggy Pumps	2	30 seconds			
3 Way Glute Activation	2	30 seconds			
Rest					

How To Perform The Workout

Perform the first three resistance band exercises back to back for the time frames listed without rest. Do this 2 times. Take 15 seconds rest before the next part of the circuit.

Move on to the next three exercises and perform them back to back for the time frame listed. Do this for two rounds through without rest.

