



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Curtsy Lunge	3	10 per leg			
Squat Jumps	3	25 seconds			
Plank With Shoulder Taps or Walking Planks	3	8 per arm			
Burpees	3	30 seconds			
Bear Crawl	3	30 seconds			
Rest	3	30 seconds			

How To Perform It

Perform each exercise back to back for the prescribed repetitions or time.

Rest for 30 to 45 seconds and repeat for a total of three rounds.

