



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Push Up Flow	3-4	6			
Banded Wall Runs	3-4	30 seconds			
Leg Extension	3-4	12			
Banded Wall Runs	3-4	30 seconds			
Single Leg Elevated Bridge	3-4	12 per leg			
Banded Wall Runs	3-4	30 seconds			
Single leg forearm crunch	3-4	6			
Banded Wall Runs	3-4	30 seconds			
Rest	3-4	45 seconds			

How To Perform It

Perform each exercise without rest in order for the reps listed.

At the end of the set, take a 45s break and repeat the circuit for a total of 3-4 rounds.

