



Workout planner

DATE: _____

MUSCLE GROUP: Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bulgarian Split Squat with Parlof Press	4	8 per leg			
Plank Rows	4	8 per arm			
Crossack Squats	4	6 per leg			
Push Up with Jump Out	4	10			
Rest	4	30-60 seconds			

How To Perform It

Perform each exercise in order based on the prescribed number of repetitions.

Rest at the end of the set for 30 to 60 seconds and repeat for 4 sets.

