



Workout planner

DATE: _____ **MUSCLE GROUP:** Upper and Lower Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Squat With Slide	3	10 per leg			
Plank Tuck To Abductions	3	12			
Hamstring Curl	3	10			
Plank Twists	3	10 second holds on each position for 90 seconds			
Rest	3-4	30			
How To Perform It					
Perform each exercise back to back for the prescribed number of repetitions.					
Rest for thirty seconds then repeat for a total of three to four rounds.					

