



# Workout planner

DATE:

MUSCLE GROUP:

Total Body

## RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
A1. Squat With Pause	3	10			
A2. Push Up To Superman	3	6			
A3. Walking Lunges	3	40 seconds			
A4. Plank Rotations	3	30 seconds			
A5. Glute Walkout	3	30 seconds			
Rest	3	60 seconds			
B1. Bear Crawls	3-4	20s work: 10s rest x4 rounds			

### How To Perform It

Perform exercises A1-A5 back to back for the repetitions prescribed. Then, take a rest and repeat those for a total of 3 rounds.

Perform the final exercise as a Tabata. This means you'll do the exercise for 20 seconds, rest for 10 seconds, and repeat for 4 rounds.

