Workout planner

DATE:

MUSCLE GROUP: Upper Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
1 Arm Dumbbell Row	3	10 reps per arm			
Inverted Pike Press	3	8			
Rest	3	45 seconds			
Push Ups	3	3x max reps			
Superman Row	3	10			
Rear Delt Fly	3	12			
Rest	3	30 seconds			
Around The World	3	20 seconds per leg			
Tricep Extensions	3	12 reps			
Rest	2	30 seconds			

How To Perform It
Perform the first two exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of three rounds. Then, move on to the next three exercises performing them back to back without rest.
Recover for 45 seconds and repeat for a total of three rounds. Finally, move on to the last two exercises for two rounds with 30 seconds of rest between sets.

Workout
planner

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

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Staggered Single Leg RDL	3	10 per leg			
Duck Walks	3	30 seconds			
Rest	3	45 seconds			
Banded Goblet Squats	3	12			
Single Leg Elevated Bridge	3	12 reps per leg			
Side Plank With Hip Dips	3	30 seconds per side			
Rest	3	30 seconds			
Isometric Mini Band Squat	3	30 seconds			
Sumo Walks	3	30 seconds			
Rest	2	20 seconds			

How To Perform It
Perform the first 2 exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of 3 rounds. Do the same for the next set for 3 rounds, with 30 seconds rest between each round.
Finally, move on to the last two exercises and perform them for only two sets with 30 seconds of rest between them.

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

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Eccentric Push Ups	3	6			
Mini Loop Pulldown	3	12 reps per arm			
Rest	3	45 seconds			
Plank Row	3	8 reps per arm			
Mini Loop Lateral Raise	3	12 reps per arm			
Hollow Body Hold	3	20 seconds			
Rest	3	30 seconds			
Single Arm Dumbbell Floor Press	3	10 reps per arm			
Floor Bow	3	30 seconds			
Rest	2	30 seconds			

How To Perform It
Perform the first two exercises back to back without rest. Take 45 secs to rest and perform again for three rounds in total. Do the same for the next set and recover for 30 seconds between each round.
Finally, move on to the last two exercises for two rounds with 30 seconds of rest between sets.

Workout
planner

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

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Deficit Lunge	3	8 per leg			
Wallsit With Abductions	3	30 seconds			
Rest	3	45 seconds			
Staggered Goblet Squat	3	8 per leg			
1 ¼ Hip Thrust With Dumbbell	3	12 reps			
Deadbug	3	40 seconds			
Rest	3	30 seconds			
Reverse Squats	3	30 seconds			
Quadruped Abductions	3	30 seconds			
Rest	2	20 seconds			

How To Perform It
Perform the first two exercises back to back without rest. Take 45 seconds to recover and perform them again for a total of three rounds. Then, move on to the next three exercises performing them back to back without rest.
Recover for 30 seconds and repeat for a total of three rounds. Finally, move on to the last two exercises and perform them back to back for two sets with 30 seconds between sets.