Workout
planner

DATE: _____ **MUSCLE GROUP:** Full Body HIIT

RESISTANCE: Dumbbells

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Lunge	3	10 reps			
Plank Jacks	3	30 seconds			
Sumo Squat With 3 Second Pause	3	10 reps			
Bounds	3	30 seconds			
Reverse Plank Leg Lift	3	8 reps per leg			
Rest	3	30 seconds			

How To Perform The Workout
Perform all the exercises back to back for the repetitions listed. Rest for 30 seconds before repeating the sequence for a total of 4 times.