



# Workout planner

DATE: \_\_\_\_\_

MUSCLE GROUP: **Lower Body**

**RESISTANCE:** Dumbbells

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Front Squat	3	8 reps			
Rest	3	30 seconds			
Dumbbell Romanian Deadlift	3	10 reps			
Dumbbell Reverse Lunge	3	8 total			
Rest	3	45 seconds			
Dumbbell Step Ups	2	8 reps			
Dumbbell Glute Bridge	2	15 reps			
Rest	2	45 seconds			

## How To Perform The Workout

Perform the front squats for the reps listed before resting 45 seconds. Repeat for four rounds.

The perform the next two exercises back to back resting for 45 seconds for a total of 3 rounds. Do this with the following two exercises as well for 2 sets.

