



# Workout planner

DATE:

MUSCLE GROUP: Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Curtsy Lunge	3-4	8 per leg alternating			
Plank Swing Through	3-4	5			
Froggy Jump	3-4	15			
Side-Lying Hip Raise	3-4	8 per side			

How To Perform It

Set timer for 1 minute and perform the curtsy lunges. Rest for the remainder of the minute. Perform next exercise at the minute mark and rest again for the remainder.

Move on to froggy jumps and rest for the remainder of the minute. Do the same for the side-lying hip raises. Continue the workout starting from the top and perform a total of 3-4 rounds.

