



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
In & Out Squats	3	10			
Single Arm Resistance Band Rows	3	10 per arm			
Rest	3	30 seconds			
Resistance Band Deadlift	3	10			
Table Top Glute March	3	30 seconds			
Resistance Band Bicep Curls	2	10			
Single Arm Bicep Curls	2	10			
10 Tricep Extensions	2	10			
Rest	2	20 seconds			
Glute Bridge with Abduction		15 bridges w/ 5 abductions			

How To Perform It

Perform first 2 exercises back to back. Rest for 30 seconds and repeat for 3 rounds. Move to the next two and perform back to back. Rest for 30 seconds and repeat for 3 rounds.

Move on to the next 3 exercises and perform them back to back for 2 rounds with 20-second rest in between. Finish the final all out exercises for one round.