



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE: TRX Suspension Straps

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Low Row	4	10 reps			
Cross Balance Lunge	4	8 reps			
Face Pull	4	10 reps			
Hamstring Runner	4	20 seconds			
Rest	4	45 seconds			
Body Saw	2	8 reps			
Side Plank With Dip	2	8 reps			
Rest	2	20 seconds			

How To Perform The Workout

Perform all the exercises back to back without rest. Once you get to the lunges, rest for 30 seconds and repeat the sequence for a total of 4 times through.

