



Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Sumo Squats With Pause	2	12			
Close Grip Push Ups	2	8			
Single Leg Prone Sliding Hamstring Curl	2	10 per leg			
Reverse Plank With Leg Lifts	2	10 per leg			
Knees To Crouch	2	4 per leg			
Plank Abductions	2	15			
Plank Shoulder Retractions & Protractions	2	10			
Rest	2	60 seconds			

How To Perform It

Perform all exercises in order for the prescribed number of repetitions.

Rest for 60s and repeat for a total of 2 rounds.





Workout planner

DATE:

MUSCLE GROUP: Lower Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Reverse Lunge With Kick	4-6	20 seconds per leg			
Rest	4-6	10 seconds			
Plank Twists	4-6	20 seconds			
Rest	4-6	10 seconds			
Rolling Jump Squats	4-6	20 seconds			
Rest	4-6	10 seconds			

How To Perform It

Perform the bodyweight exercises all-out with maximum effort for twenty seconds, rest for ten seconds and continue without any more rest.

Repeat the sequence for a total of 4-6 rounds depending on time constraints.





Workout planner

DATE:

MUSCLE GROUP: Lower Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Curtsy Lunge	2-3	30 seconds			
Plank Abductions	2-3	20 seconds			
Single Leg RDL	2-3	30 seconds			
Side To Side Skaters	2-3	20 seconds			
Plank Hip Pike	2-3	30 seconds			
Side Bounds	2-3	20 seconds			
Rest	2-3	45 seconds			

How To Perform It

Perform the exercises back to back without rest.

At the end of the bounds, rest for 45 seconds and repeat for a total of 2-3 times through.





Workout planner

DATE:

MUSCLE GROUP: Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
In & out squats	4	25 seconds			
Tricep extensions	4	12 per arm			
Single leg bridge	4	12 per leg			
Lateral plank	4	30 seconds			
Banded superman	4	10			
Rest	4	45 seconds			

How To Perform It

Perform all the exercises back to back without rest

At the end, rest for 45 seconds before repeating the circuit for a total of four rounds.





Workout planner

DATE:

MUSCLE GROUP:

Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Resistance band deadlift	4	10			
Single arm band row	4	10			
Slider crunches	4	30 seconds			
Crossack squats	4	10 per leg			
Band kickback	4	10 per leg			
Side planks with push-ups	4	45 seconds			
Rest	4	45 seconds			

How To Perform It

Perform all the exercises back to back without rest.

At the end, rest for 45 seconds before repeating the circuit for a total of four rounds.





Workout planner

DATE:

MUSCLE GROUP: Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
ATG split squat or Bulgarian split squat	4	30 seconds per leg			
Plank abductions to quadruped	4	30 seconds			
Push up superman	4	30 seconds			
Knees to squats	4	30 seconds			
Bear crawl	4	30 seconds			
Rest	4	30 seconds			
Rest	4	30 seconds			
How To Perform It					
Perform all the exercises back to back without rest					
At the end, rest for 30 seconds before repeating the circuit for a total of four rounds.					





Workout planner

DATE:

MUSCLE GROUP: Upper Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Down Dog To Plank Taps	4	30 seconds			
Inverted Pike	4	30 seconds			
Floor Bow	4	30 seconds			
Alternating Vup	4	30 seconds			
Rest	4	25 seconds			

How To Perform It

Perform all the exercises back to back without rest

At the end, rest for 25 seconds before repeating the circuit for a total of four rounds.

