



# Workout planner

DATE:

MUSCLE GROUP:

Total Body

## RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Deficit Lunge	4	10 per leg			
Alternating Z Press	4	8 per arm			
Dumbbell Deadbug	4	10 per side			
Rest	4	60 seconds			
Dumbbell Squat w/ Pause	3	8			
Floor Bangers	3	10			
Plank Row	3	8 per arm			
Rest	3	45-60 seconds			

### How To Perform It

Perform the first 3 exercises back to back. After the deadbugs, rest for 1 minute before repeating the sequence for a total of 4 times through.

Move on to next 3 exercises, performing them back to back. Rest for 45-60 seconds after plank row and repeat for 3 rounds.