



Workout planner

DATE: _____

MUSCLE GROUP: _____ Total Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Bulgarian Split Squats	3	8 per leg			
Dumbbell Underhand Row	3	10			
Mini Band Superman	3	10			
Rest	3	45 seconds			
Alternating Z Press	3	6 per arm			
Single Leg Supported RDL	3	8 per leg			
Rest	3	30 seconds			
Sumo Walks	1	30 reps			

How To Perform It

Perform the first 3 exercises back to back. Rest for 45 seconds and repeat for 3 sets.
Then perform the next two back to back, rest, and repeat for 3 sets.

Finish with one set of sumo walks.

