

# TOTAL BODY WORKOUT TEMPLATE

## UPPER BODY STRENGTH (PUSH)

Exercises	Sets	Reps	Exercise Choices
6	1	12-16	_____
5	1	10-14	_____
4	2	8-12	_____

## INTERVAL

Work time	Rest time	Reps	Exercise Choices
:45	:25	4	_____
:30	:15	6	_____
:20	:10	8	_____

## UPPER BODY STRENGTH (PULL)

Exercises	Sets	Reps	Exercise Choices
6	1	12-16	_____
5	1	10-14	_____
4	2	8-12	_____

## INTERVAL

Work time	Rest time	Reps	Exercise Choices
1:00	:30	4	_____
:45	:15	5	_____
:30	:10	6	_____

## LOWER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices
5	1	16-20	_____
4	1	12-16	_____
3	2	8-12	_____

## ABS / FINISHER

Work time	Options		Exercise Choices
3:00	Burpees	Farmer's Walk	_____
2:00	Mtn. Climbers	Any Ab. Ex.	_____
1:00	Bear Crawls	Any Reps	_____

1