

TOTAL BODY WORKOUT TEMPLATE

UPPER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices
10	1	10-14	
8	1	8-12	
8	2	6-10	
6	2	8-12	
6	2	6-10	
4	3	6-10	
4	2	8-12	

LOWER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices
5	1	16-20	
5	1	12-16	
4	2	10-14	
4	2	8-12	
3	3	6-10	
3	2	8-12	
3	2	10-14	

INTERVAL

Work time	Rest time	Reps	Exercise Choices
1:00	:40	5	
:45	:25	6	
:30	:20	8	
:30	:15	8	
:20	:20	10	

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	

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