

# TOTAL BODY WORKOUT TEMPLATE

## LOWER BODY STRENGTH

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

## UPPER BODY STRENGTH

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

## INTERVAL

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

## LOWER BODY STRENGTH

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

## UPPER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices
4	1	12-16	
2	1	10-14	
1	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	

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