

TOTAL BODY WORKOUT TEMPLATE

UPPER BODY STRENGTH (PUSH)

Exercises	Sets	Reps	Exercise Choices	
6	1	12-16	Plate-load Chest Press	Barbell Incline Press
5	1	10-14	Standing Bar Press	Close Grip Push Up
4	2	8-12	Tricep Extension	

INTERVAL

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

UPPER BODY STRENGTH (PULL)

Exercises	Sets	Reps	Exercise Choices	
6	1	12-16	Pulley Upright Row	Plate-load Row
5	1	10-14	Close Grip Chin Up	High Row
4	2	8-12	Bicep Curl	

INTERVAL

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

LOWER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices	
5	1	16-20		
4	1	12-16	Machine Squat	Romanian Dead Lift
3	2	8-12	Dumbbell Lunge	Heel Raise

ABS / FINISHER

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

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