

TOTAL BODY WORKOUT TEMPLATE

UPPER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices	
10	1	10-14		
8	1	8-12		
8	2	6-10	Machine Overhead Press	Wide Grip Pulldown
6	2	8-12	Decline Press	2-Arm Dumbbell Row
6	2	6-10	Barbell Bench Press	Face Pull
4	3	6-10		
4	2	8-12		

LOWER BODY STRENGTH

Exercises	Sets	Reps	Exercise Choices	
5	1	16-20		
5	1	12-16	Dumbbell Dead Lift	
4	2	10-14	Leg Press	
4	2	8-12	Prone Leg Curl	
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	Stairclimber	
: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.	2:00 Abs	
1:00	Bear Crawls	Any Reps		

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