

TRAININGPAD

EXERCISE JOURNAL

Full Body Body Weight

- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW (body weight), BB (bar bell), DB (dumbbell), KB (kettle bell), r (reps), h (hold), B (bosu)*

EXERCISES	SUGGESTED WEIGHT	NOTES
30s work, 12s rest, 2 rounds		
Fast feet		
High Knees		
Lunge and Kick x2		
Side to side shuffles		
Burpees		
Frog Jumps		
Jumping Jack's		
REST 40s		
Bicycle crunches		
Mountain climbers		
Push ups		
Plank ups		
Side to side planks		
Lateral mountain climbers		
Scissors		
Forward and back military crawls		