

TRAININGPAD

EXERCISE JOURNAL

Full Body Workout

- 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)*

EXERCISES 3 SETS	REPS	NOTES
DB Deadlifts	20	
REST		
Plyo Jumps	15	
REST		
One Leg Burpee (Right Leg)	15	
REST		
One Leg Burpee (Left Leg)	15	
REST		
DB Squat and Press	20	
REST		
Pushups	10-20	
REST		
Side shuffles	20	
REST		
Rope skipping	300	