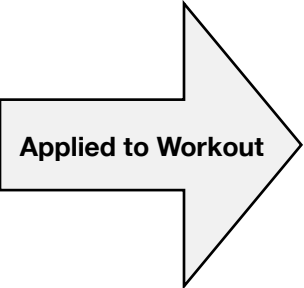
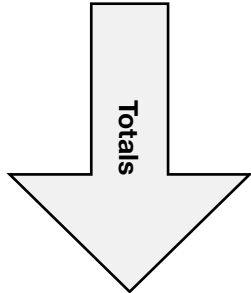


Workout Planning Phase / Big Picture View					
5000 ft view	3000 ft view	1000 ft View	500 ft View	500 ft view	Runway
Upper or Lower	Movement Type	Muscles	Exercise	Reps	Weight
Lower Body	Hip Dominant	Prime: Glutes, Hips, Hamstrings Secondary: Quads, Calves, Core	Suitcase Deadlift	Lower Reps	Heavier Weight
Upper Body	Push: Horizontal	Prime: Chest, Triceps Secondary: Shoulders, Core	Pushup on Bar	Lower Reps	Heavier Weight
Lower Body	Quad dominant	Prime: Quads, Hamstrings Secondary: Glutes	Split Squat	Medium Reps	Medium Weight
Upper Body	Pull: Horizontal	Prime: Back (Upper Back, Lats) Secondary: Biceps, Shoulders	Seated Cable Row	Lower Reps	Heavier Weight
Upper Body	Pull: Vertical	Prime: Back (Lats, Upper Back)	Standing Pullover	Higher Reps	Lower Weight
Lower Body	Hip Dominant	Prime: Glutes, Hips, Hamstrings, Core Secondary: Quads, Calves,	1-leg Stand and Reach/RDL	Higher Reps	Lower Weight



Workout View		
Exercise	Sets x Reps	Weight
Suitcase Deadlift	3x8-10 ea	20
Pushup on Bar	3x8-12	BW
Split Squat	3x12-15	BW
Seated Cable Row	3x8-12	60-70
Standing Pullover	3x12-15	15-20
1-leg Stand and Reach/ RDL	3x12-15 ea	BW



Totals For Workout					
Total Upper/Lower	Total Exercise Focus	Specific Muscles	Specific Exercises	Reps	Weight
3 Lower Body	2 Hip Dominant Exercise	Prime: Glutes, Hips, Hamstrings Secondary: Quads, Calves, Core	Suitcase Deadlift	Lower Reps	Heavier Weight
			1-leg Stand and Reach/RDL	Higher Reps	Lower Weight
	1 Quad Dominant Exercise	Prime: Quads, Hamstrings Secondary: Glutes	Split Squat	Medium Reps	Medium Weight
3 Upper Body Exercises	1 Push: Horizontal Exercise	Prime: Chest, Triceps Secondary: Shoulders, Core	Pushup on Bar	Lower Reps	Heavier Weight
	1 Pull: Horizontal Exercise	Prime: Back (Upper Back, Lats) Secondary: Biceps, Shoulders	Seated Cable Row	Lower Reps	Heavier Weight
	1 Pull: Vertical	Prime: Back (Lats, Upper Back)	Standing Pullover	Higher Reps	Lower Weight