

Workout Plan

Workout #1

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #2

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #3

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #4

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #5

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #6

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #7

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #8

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #9

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #10

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #11

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #12

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51
Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51

Workout #13

Prone Cobras: Sets 3, Reps 12, Calories Burned 313.9, Priority 0.51

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.51

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.51

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.51

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.51