

# **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