

Workout Plan

Workout #1

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #2

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #3

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #4

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #5

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #6

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52

Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #7

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52

Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #8

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52

Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #9

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52

Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #10

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52

Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #11

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52

Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52

Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #12

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52

Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52

Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52

Workout #13

Rows: Sets 3, Reps 12, Calories Burned 315.6, Priority 0.52
Reverse Lunges: Sets 5, Reps 17, Calories Burned 327.5, Priority 0.52
Face Pulls: Sets 4, Reps 16, Calories Burned 327.9, Priority 0.52
Mountain Climbers: Sets 5, Reps 22, Calories Burned 328.8, Priority 0.52
Prone Cobras: Sets 4, Reps 25, Calories Burned 329.4, Priority 0.52