Warm Up

foam rolling, yoga, body priming – 5+ minute

{{ workout\_name }}

exercise set reps rest

today’s date: {{ today\_date }}

a) {{ exercise-name-1a }}

b) {{ exercise-name-1b }}

c) {{ exercise-name-1c }}

{{ set-1 }} {{ reps-1 }} {{ rest-1 }} wt

reps

a) {{ exercise-name-2a }}

b) {{ exercise-name-2b }}

c) {{ exercise-name-2c }}

{{ set-2 }} {{ reps-2 }} {{ rest-2 }} wt

reps

a) {{ exercise-name-3a }}

b) {{ exercise-name-3b }}

c) {{ exercise-name-3c }}

{{ set-3 }} {{ reps-3 }} {{ rest-3 }} wt

reps

a) {{ exercise-name-4a }}

b) {{ exercise-name-4b }}

c) {{ exercise-name-4c }}

{{ set-4 }} {{ reps-4 }} {{ rest-4 }} wt

reps

a) {{ exercise-name-5a }}

b) {{ exercise-name-5b }}

c) {{ exercise-name-5c }}

{{ set-5 }} {{ reps-5 }} {{ rest-5 }} wt

reps

a) {{ exercise-name-6a }}

b) {{ exercise-name-6b }}

c) {{ exercise-name-6c }}

{{ set-6 }} {{ reps-6 }} {{ rest-6 }} wt

reps

{{ exercise\_bonus\_1 }}

{{ reps\_bonus\_1 }} {{ rest\_bonus\_1 }}

{{ exercise\_bonus\_2 }}

{{ reps\_bonus\_2 }} {{ rest\_bonus\_2 }}

Mets (Time/Cals):

Notes: