Name:

MY WORKOUT CREATOR

WORKOUT A

Day: | | | | | | |

Date: | | | | | | |

Sets/Reps: | | | | | | |

Order	Foam Roll/Myofascial Release	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
1	IT Band	1	60s								
2	Calves	1	60s								
3	Piriformis	1	60s								
4	Lats	1	60s								
Order	**Corrective/Mobility Exercises**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	Frontal Jacks	1	60s								
2	Lunge With Rotations	1	60s								
3	Fire Hydrants	1	60s								
4	T Rotations	1	60s								
Order	**Resistance Training Exercises**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
A1	DB Goblet Squats	3	8	2-0-2	45						
A2	Renegade Rows	3	8	2-0-2	45						
B1	Drop Lunges	3	8	2-0-2	45						
B2	Band Pullovers	3	8	2-0-2	45						
C1	DB Romanian Deadlifts	3	8	2-0-2	45						
C3	SB Push Ups	3	8	2-0-2	45						
Order	**Core Training**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	SB Knee Tucks	3	15	2-0-2	0						
2	SB Crunch	3	15	2-0-2	0						
Order	**Metabolic Acceleration Training**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	Squat Jumps	2	20s	fast	10s						
2	Mt Climbers	2	20s	fast	10s						
3	Jumping Jacks	2	20s	fast	10s						
4	Burpees	2	20s	fast	10s						

Notes

MY WORKOUT CREATOR

WORKOUT B

Day: | | | | |

Date: | | | | |

Sets/Reps: | | | | |

Order	Foam Roll/Myofascial Release	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	Lbs
1	IT Band	1	60s							
2	Calves	1	60s							
3	Piriformis	1	60s							
4	Lats	1	60s							
Order	**Corrective/Mobility Exercises**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	Frontal Jacks	1	60s							
2	Lunge With Rotations	1	60s							
3	Fire Hydrants	1	60s							
4	T Rotations	1	60s							
Order	**Resistance Training Exercises**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	KB Squat With Row	3	8	2-0-2	45					
2	Pull Up/Assisted/Inverted Row	3	8	2-0-2	45					
3	Walking Overhead Lunge	3	8	2-0-2	45					
4	DB Bench Press	3	8	2-0-2	45					
5	Star Jumps	3	8	2-0-2	45					
Order	**Core Training**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	Oblique V Ups	3	10	2-0-2	30					
2	Side Plank	3	45s	hold	30					
Order	**Metabolic Acceleration Training**	**Sets**	**Reps**	**Tempo**	**Rest**	**Lbs**	**Lbs**	**Lbs**	**Lbs**	**Lbs**
1	Cardio Sprints	5	30s	fast	60s					
2										
3										
4										

Notes

Lbs
Lbs
Lbs
Lbs
Lbs