



### Total Body Gym Workout One

<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Leg press	3	12	3010	0				
A2 Push ups	3	12	3010	0				
B1 Split squats	3	12/12	2020	120s				
B1 Seated cable row	3	12	2020	0				
C1 Hamstring curl	3	12	2020	0				
C2 Under hand pull downs	3	12	2020	120				
C1 Batle rope double slams	8	20s	NA	20s				

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	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Leg press	3	12	3010	0				
A2 Push ups	3	12	3010	0				
B1 Split squats	3	12/12	2020	120s				
B1 Seated cable row	3	12	2020	0				
C1 Hamstring curl	3	12	2020	0				
C2 Under hand pull downs	3	12	2020	120				
C1 Batle rope double slams	8	20s	NA	20s				

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A1 Leg press	3	12	3010	0				
A2 Push ups	3	12	3010	0				
B1 Split squats	3	12/12	2020	120s				
B1 Seated cable row	3	12	2020	0				
C1 Hamstring curl	3	12	2020	0				
C2 Under hand pull downs	3	12	2020	120				
C1 Batle rope double slams	8	20s	NA	20s				

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A1 Leg press	3	12	3010	0				
A2 Push ups	3	12	3010	0				
B1 Split squats	3	12/12	2020	120s				
B1 Seated cable row	3	12	2020	0				
C1 Hamstring curl	3	12	2020	0				
C2 Under hand pull downs	3	12	2020	120				
C1 Batle rope double slams	8	20s	NA	20s				



## Total Body Gym Workout Two

<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				
<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				
<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				
<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				



### Total Body Home Workout One

<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Body weight squats	4	20	2020	0				
A2 Push ups	4	20	2020	0				
A3 Plank	4	30s	2020	0				
A4 High knees	4	30s	2020	90				
B2 Tricep dips	3	20	2020	0				
B2	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

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A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

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	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

<b>Date:</b>								
	Sets	Reps	Tempo	Rest (s)	Set 1	Set 2	Set 3	Set 4
A1 Standing DB shoulder press	3	12	2020	0				
A2 Alternating lunges	3	12/12	2020	0				
A3 Stir the pot	3	6/6	2020	120s				
B1 Dumbell squat	3	12	2020	0				
B2 Dumbell incline row	3	12	2020	0				
B2 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				