



Total Body Gym Workout One

Date:								
	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				
D1 Batle rope double slams	8	20s	NA	20s				

Date:								
	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				
D1 Batle rope double slams	8	20s	NA	20s				

Date:								
	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				
D1 Batle rope double slams	8	20s	NA	20s				

Date:								
	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				
D1 Batle rope double slams	8	20s	NA	20s				



Total Body Gym Workout Two

Date:								
	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				
B3 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

Date:								
	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				
B23Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

Date:								
	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				
B3 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

Date:								
	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				
B3 Dumbell Incline chest press	3	12	2020	120				
C1 Batle rope single slams	8	20s	NA	20s				

