

FREE 5-DAY

WORKOUT PLANNER



WEDNESDAY

CARDIO

25 Mins Incline
Treadmill

3 ROUNDS

15 Burpees
25 Mt Climbers
25 Jump Squats
15 Push Ups
25 Crunches
25 Scissor Kicks

BURNOUT

Sit Ups until failure

MONDAY

CARDIO

25 Mins Stair Master

3 ROUNDS

15 Sumo Squats
15 Leg Press
12 Alt Lunges
15 Walking Lunges
15 Jump Squats
15 DB Step Ups

BURNOUT

3X 1 Min Planks

THURSDAY

CARDIO

25 Mins Incline
Treadmill

3 ROUNDS

25 Mt Climbers
25 Bridge Lifts
15 DB Sumo Squats
15 Barbell Squats
15 DB Curtsey Lunge
25 Jump Squats

BURNOUT

3X 1 Mins Wall Sits

TUESDAY

CARDIO

25 Mins Elliptical

3 ROUNDS

15 Front Lat Raises
15 Arnold Press
15 Side Lat Raises
15 DB Rows
15 Overhead Press
20 Push Ups

BURNOUT

3X 1 Min Jump Ropes

FRIDAY

CARDIO

20 Mins Stair Master

3 ROUNDS

15 Lat Pull Down
15 DB Rows
15 Seated Cable Row
15 Barbell Curl
15 Push Ups
15 DB Overhead Press

BURNOUT

3X 1 Jumping Jacks