

FREE 5-DAY

WORKOUT PLANNER



WEDNESDAY

CARDIO
25 Mins Elliptical

3 ROUNDS

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

BURNOUT
Sit Ups until failure

MONDAY

CARDIO
25 Mins Elliptical

3 ROUNDS

15 Push Ups
15 Bench Press
12 Dumbbell Flys
25 Tricep Dips
15 Tricep Push Downs
15 Lateral Raises

BURNOUT
3X 1 Min Planks

THURSDAY

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

TUESDAY

CARDIO
25 Mins Incline
Treadmill

3 ROUNDS

15 Weighted Squats
15 DB Alt Lunge
15 DB Step Ups
15 Leg Press
15 Leg Extensions
15 Abductors

BURNOUT
DB Walking Lunges
until failure

FRIDAY

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