MOBILE FITNESS
PERSONAL TRAINER

Date: **Name:**

Body-Weight & Band	**Date:**																							
Warm-up: 20 Lunges		1			2			3			4			5			6			7			8		
EXERCISES:		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1. Bench Step Ups	Kg: Reps:																								
1. Push-ups	Kg: Reps:																								
1. Chin-ups	Kg: Reps:																								
1. Ab Cycles	Kg: Reps:																								
2. Bench Split Squats.	Kg: Reps:																								
2.Band Lateral Raises	Kg: Reps:																								
2. Plank	Kg: Reps:																								
2. Lateral Jumps (Cone hops)	Kg: Reps:																								
3. Side Lunges	Kg: Reps:																								
3. Bench Dips	Kg: Reps:																								
3. Band Biceps Curl	Kg: Reps:																								
3. Skipping Rope or High Skips	Kg: Reps:																								