

# Workout Plan



Name:

Level: Beginner

10 repetitions

30 seconds recovery

EQUIPMENT:

Stop Watch

Bottle of Water

Exercise 1:

30 second rest

Exercise 2:

30 second rest

Exercise 3:

30 second rest

Exercise 4:

30 second rest

Exercise 5:

30 second rest

Exercise 6:

30 second rest

Exercise 7:

30 second rest

Exercise 8:

30 second rest

Exercise 9:

30 second rest

Exercise 10: