

MORNING WORKOUT ROUTINE

Date: _____ Duration: 30 Minutes Intensity: Moderate

DONE	EXERCISE	DURATION/REPS	REST
	Jumping Jacks (Warm-up)	2 Minutes	30s
	Bodyweight Squats	3 Sets x 15 Reps	45s
	Push-Ups (Standard or Knee)	3 Sets x 12 Reps	45s
	Alternating Lunges	3 Sets x 20 Reps	45s
	Forearm Plank	3 Sets x 45 Seconds	30s
	Glute Bridges	2 Sets x 15 Reps	30s
	Cobra Stretch (Cool-down)	1 Minute	-

POST-WORKOUT NOTES & REFLECTIONS