

MORNING EXECUTIVE ROUTINE

Focus: High-Intensity Efficiency

Week Of: _____

EXERCISE	TARGET	M	T	W	T	F
Warm-up: Jumping Jacks	2 Minutes					
Lower: Goblet Squats	3 x 12					
Push: Overhead Press	3 x 10					
Pull: Single Arm Rows	3 x 10					
Core: Plank Hold	60 Seconds					
HIIT: Burpees	3 x 45 Sec					

NOTES & PERFORMANCE

TOTAL ACTIVE TIME

RECOVERY/STRETCH COMPLETED

MORNING HYDRATION (LITERS)