



Simple. Effective. Basics

Average Exercise Minimums & Basic Workouts Guide

NAME :

This table is for you to record & stay updated on your AVERAGE numbers achievable for each basic exercise. This is so on *any given day* you feel like working out, but to *no specific program*, running through at least 1-2 sets of each exercise, at these numbers, you have a basic workout to MAINTAIN your average fitness level.

IF you start to drop below these numbers, you know it's time to UP YOUR GAME again, and train harder!

TABLE OF EXERCISES

Plank Hold	Push Ups	Squats	Jogging
Time :	Reps :	(jump squats if no injuries) Reps :	Time : Dist :
Side Plank	Tricep Dips	Lunges	Sprint
Time : (each side)	Reps :	Reps : (each side)	Time : (50m Dist)

BASIC WORKOUTS

Core	Strength	Cardio	Combo
Plank Hold - 1 min Side Plank - 30 secs each V-Sit - 30 secs V-Extensions - 10 reps Reverse Hold - 30 secs Leg Raises - 10 reps REPEAT 2-3 Sets	Push Up Hold - 10 secs Push Ups - 10 reps Tricep Dip Hold - 10 secs Tricep Dips - 10 reps Squat Hold - 30 secs Jump Squats - 20 reps Lunge Hold - 10 secs + Lunges - 10 reps (repeat other side) REPEAT 2-3 Sets	Skipping - 1 min Burpees - 10 reps Mount'n Climbers - 30 reps Jump Squats - 20 reps Jog - 50m & back Sprint - 30m x 4 REPEAT 2-3 Sets	Push Ups - 10 reps Squat Hold - 30 secs Tricep Dips - 10 reps Jump Squats - 30 reps Plank Hold - 30 secs V-Sit - 30 secs Sprints - 50m x 2 Jog - 100m & back REPEAT 2 -3 Sets

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