

Workout Checklist



Exercise	Sets	Notes	Done!
Warm-up stretches	3x15	Keep good form	
Jumping jacks	3x15	Keep good form	
Squats	3x15	Keep good form	
Jumping squats	3x15	Keep good form	
Burpees	3x15	Keep good form	
Mountain climbers	3x15	Keep good form	
Lateral jumps	3x15	Keep good form	
Squats (weighted)	3x15	Keep good form	
Pull-overs (weighted)	3x15	Keep good form	
Hammer curls (weighted)	3x15	Keep good form	
Shoulder presses (weighted)	3x15	Keep good form	
Lateral raises (weighted)	3x15	Keep good form	
Chest press (weighted)	3x15	Keep good form	
Deadlift (weighted)	3x15	Keep good form	
Lunges (weighted)	3x15	Keep good form	
High knees	3x15	Keep good form	
Plank	3x15	Keep good form	
Cool down stretches	3x15	Keep good form	

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Katrin Zwirglmaier



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