

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Sets	Rep Range	Load	Tempo			Rest			uni or bi	Date																		
														Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
a	Fast & Furious Suspension Trainer Total Body video demonstration												wt																			
													Reps																			
													Note																			
a1	Assisted Suspension Squats		1	4	25	25		2	0	1	15	30	1	wt																		
			2	4	20	25		2	0	1	15	30	1	Reps																		
			3	4	15	25		2	0	1	15	30	1	Note																		
a2	suspension hands elevated push-ups		1	4	25	25		2	0	1	15	30	1	wt																		
			2	4	20	25		2	0	1	15	30	1	Reps																		
			3	4	15	25		2	0	1	15	30	1	Note																		
a3	suspension lat rows (elbows in)		1	4	25	25		2	0	1	15	30	1	wt																		
			2	4	20	25		2	0	1	15	30	1	Reps																		
			3	4	15	25		2	0	1	15	30	1	Note																		
a4	suspension trainer leg curls		1	4	25	25		2	0	1	15	30	1	wt																		
			2	4	20	25		2	0	1	15	30	1	Reps																		
			3	4	15	25		2	0	1	15	30	1	Note																		
a5	suspension plank knee tuck-ins		1	4	25	25		2	0	1	15	30	1	wt																		
			2	4	20	25		2	0	1	15	30	1	Reps																		
			3	4	15	25		2	0	1	15	30	1	Note																		
b	Note: Ideally, shoot for 25 reps. You can also do 20 reps, or 15 reps. Ideal # of sets is 4, but you can do 3-5 sets. Keep the rest short between movements and about 1 minute between rounds												wt																			
													Reps																			
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													wt																			
													Reps																			
													Note																			



Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program	30	35
M1	#N/A		M4	#N/A		time	25	35
M2	#N/A		M5	#N/A			20	35
M3	#N/A		M6	#N/A		©2020 HPT, INC.		

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a	Fast & Furious Suspension Trainer Total Body video demonstration											wt																		
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												Note																		
a1	Assisted Suspension Squats		4	5	25	25		2	0	1	15	30	1	wt																
			5	4	20	25		2	0	1	15	30	1	Reps																
			6	5	15	25		2	0	1	15	30	1	Note																
a2	suspension hands elevated push-ups		4	5	25	25		2	0	1	15	30	1	wt																
			5	4	20	25		2	0	1	15	30	1	Reps																
			6	5	15	25		2	0	1	15	30	1	Note																
a3	suspension lat rows (elbows in)		4	5	25	25		2	0	1	15	30	1	wt																
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			6	5	15	25		2	0	1	15	30	1	Note																
a4	suspension trainer leg curls		4	5	25	25		2	0	1	15	30	1	wt																
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Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program time	###:###
####	#NAME?		#####	#NAME?			###:###
####	#NAME?		#####	#NAME?			###:###
####	#NAME?		#####	#NAME?			###:###