

Rotation	Exercise	Level, Time, Weight, Sets, Reps	Date
1	Abs partner leg lifts		
2	GM pull ups		
3	Bikes		
4	Barbell upright row		
5	Box jumps		
6	Running laps		
7	GM tricep extension		
8	Abs Curl ups		
9	GM Pullover with crunch		
10	GM hamstring curl		
11	Abs Plank		
12	Wall sit		
13	dumbbell lunges		
14	Boxes Step ups		
15	Bikes		
16	GM seated twists		
17	GM dips		
18	Abs russian twists with medicine ball		
19	GM squats		
20	Running sprints		
21	GM surfer rows		
22	Abs mountian climbers		
23	Goblet squats with kettle bell		
24	barbell bicep curl		