

The No-Time-To-Workout Workout Logs

Workout One					Session One Date		Session Two Date		Session Three Date		Session Four Date	
	Movement	# of Sets or Ladders	# of Reps/Time Prescribed	Rest Period	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
Wa	Face the Wall Ys	1	10 reps	None	BW		BW		BW		BW	
Wb	Joint Rotations	1	10 per joint	None	BW		BW		BW		BW	
Wc	Pushups Plus	1	10 reps	None	BW		BW		BW		BW	
Wd	Two Point Rows	1	5 reps, w/ 1/2 weight	None								
1a	Plank to Pushup	2	Ladders of 2, 4, 8, 12	1-2 min after 1st pair of ladders	BW		BW		BW		BW	
1b	Two Point Row	2	2Ladders of 2, 4, 8, 12									
2a	Waiter's Walk	2	ALAP	1-2 min after 1st pair of sets								
2b	Side Planks	2	ALAP		BW		BW		BW		BW	

BW = Bodyweight, ALAP = As Long As Possible, AMAP = As Many As Possible

The No-Time-To-Workout Workout Logs

Workout Two					Session One Date		Session Two Date		Session Three Date		Session Four Date	
					Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
	Movement	# of Sets or Ladders	# of Reps/Time Prescribed	Rest Period	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
Wa	Split Stance Rotation	1	10 per side	None	BW		BW		BW		BW	
Wb	Ankle Mobility	1	10 per side	None	BW		BW		BW		BW	
Wc	Glute Bridge	1	10 reps	None	BW		BW		BW		BW	
Wd	Split Squat*	1	5 per side	None	BW*							
1a	One Leg Bridges	2	Ladders of 2, 4, 8, 12	1-2 min after 1st pair of ladders	BW		BW		BW		BW	
1b	Split Squats	2	2Ladders of 2, 4, 8, 12									
2a	Mountain Climbers	2	20-30 reps	1-2 min after 1st pair of sets								
2b	Low to High Woodchops	2	10-15 reps, each side		BW		BW		BW		BW	

BW = Bodyweight, ALAP = As Long As Possible, AMAP = As Many As Possible

* Warmup Note: If you're going to use added weight on the Split Squats, your warmup should include one set of 5 *bodyweight* split squats, per leg.

The No-Time-To-Workout Workout Logs

<h1>Workout Three</h1>					Session One Date		Session Two Date		Session Three Date		Session Four Date	
					Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
	Movement	# of Sets or Ladders	# of Reps/Time Prescribed	Rest Period	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
Wa	Face the Wall Ys	1	10 reps	None	BW		BW		BW		BW	
Wb	Joint Rotations	1	10 per joint	None	BW		BW		BW		BW	
Wc	Pushups Plus	1	10 reps	None	BW		BW		BW		BW	
Wd	DB Presses	1	5 reps, w/ 1/2 planned weight	None								
We	DB Rows	1	5 reps, w/ 1/2 planned weight	None								
1a	Plank to Pushup	2	Ladders of 2, 4, 8, 12	1-2 min after 1st pair of ladders	BW		BW		BW		BW	
1b	Two Point Row	2	2Ladders of 2, 4, 8, 12									
2a	Waiter's Walk	2	ALAP	1-2 min after 1st pair of sets								
2b	Side Planks	2	ALAP		BW		BW		BW		BW	

BW = Bodyweight, ALAP = As Long As Possible, AMAP = As Many As Possible

The No-Time-To-Workout Workout Logs

Workout Four					Session One Date		Session Two Date		Session Three Date		Session Four Date	
					Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
	Movement	# of Sets or Ladders	# of Reps/Time Prescribed	Rest Period	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed	Weight	Reps/Time Completed
Wa	Split Stance Rotation	1	10 per side	None	BW		BW		BW		BW	
Wb	Ankle Mobility	1	10 per side	None	BW		BW		BW		BW	
Wc	Goblet Squats *	1	10 reps, w/ ½ planned weight	None	BW*		BW		BW		BW	
1a	Glute Bridges	2	Ladders of 2, 4, 8, 12	1-2 min after 1st pair of ladders	BW		BW		BW		BW	
1b	Goblet Squats	2	Ladders of 2, 4, 8, 12									
2a	Jumping Jacks/Rope	2	1 minute each set	1-2 min after 1st pair of sets								
2b	Suitcase Walk	2	ALAP, per side		BW		BW		BW		BW	

BW = Bodyweight, ALAP = As Long As Possible, AMAP = As Many As Possible

* Warmup Note: Since the Squats use added weight that may be heavy, make sure to do a set of 5-10 with about half of your planned exercise weight during the warmup. If you plan to lift with 25lbs, then use a weight of 10-15lbs during the warmup, for instance.