Full Body Timed Class Planner

~50 minutes · 10 series · ~4–8 exercises per series across 2 rounds · ~35 seconds per exercise · ~20-second reset between series

Series	Round 1: Exercises	**Round 2: Exercises**	**Time**
1. Warm-Up	Opening stretches + mobility		~3–5 min
RESET	*Rest / Transition*		~20 sec
2. Glutes			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
3. Core			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
4. Plank			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
5. Upper Body			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
6. Lower Body			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
7. Cardio			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
8. Upper + Lower Combo			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
9. Active Recovery			~35 sec/exercise · ~5 min
RESET	*Rest / Transition*		~20 sec
10. Cool Down	Stretch + release		~3–5 min

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