



Full Body Workout 1

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Jump Squats	4	25	Body Weight
1	Tricep Pull Downs	4	25	40-50
2	Hip Abductor (outer thigh)	4	25	60-80
2	Push Ups	4	20	Body Weight
3	Leg Lifts (abdominals) on the Chair	4	15	Body Weight
3	Hip Adductor (inner thigh)	4	25	60-80
4	Back Rows	4	25	45-50
4	Lat Pull Down	4	25	45-60
5	Plank	4	30 seconds	
5	Step Out Lunges	4	15/foot	15 #weights

Full Body Workout 2

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Donkey Kicks	4	20 per leg	Body Weight
1	Reverse Lunge Curl Press	4	15 per leg	10-15 pound dumbbells
2	Jump Squats	4	20	Body weight
2	Barbell Snatch and Press	4	10	40-50
3	Lateral Jumps	4	20 per side	Bodyweight
3	Seated Leg Curls	4	20	40-50
4	Lying Leg Curl	4	20	45-60
4	Lat Pull Downs	4	20	45-55
5	Push ups	4	12	Bodyweight
5	Plank Reach outs	4	15 per arm	Body weight

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