



DEWAYNE

Full Body Workout 10

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