



DEWAYNE

Full Body Workout 11

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Kettlebell Sumo Squats	4	20	35-45
1	Bench Step Ups (with/without kettlebell)	4	15 per leg	Bodyweight Or 15-25
2	Dumbbell Chest Press	4	20	15-25
2	Dumbbell Lateral Raises	4	20	8-12
3	One Arm Cable rows	4	20 per side	30-45
3	Machine Lat Pull Down	4	20	35-45
4	Cable Bent Over Rows	4	20	45-60
4	Brazilian Lunges	4	15 per leg	Body Weight
5	Plank Push Ups	4	15	Bodyweight
5	Leg Lifts	4	20	Body weight