



DEWAYNE

Full Body Workout 12

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Barbell Step Back Lunges	4	15 per leg	50-75
1	Box Jumps	4	15	Bodyweight
2	Underhand Cable Rows	4	20,15,12,10	25, 30,35,45
2	Cable Seated Rows	4	20,15,12,10	45,50,55,60
3	Walking Lunges	4	20 per leg	15-30 pounds
3	Cable Lat Pull Down	4	20	35-45
4	Leg Extensions	4	20	45-60
4	Lying Leg Curl	3	20	40-55
5	Seated Leg Curl	3	20	40-55
5	Mountain Climbers	4	50	Body weight