



DEWAYNE

Full Body Workout 14

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Butt Kick Jumps	4	10	
1	In and out Jumps	4	30	
2	Step Ups With Curl to Press	4	10 Right/10 Left	10-15# Dumbbell
2	Push Ups	4	15	
3	Brazilian Lunges	4	20 per leg	
3	Trap Bar Squats	4	15	75-150
4	Lat Pull Down Close Grip	4	25	40-75
4	Single Arm Bent Over Row	4	15	20-40
5	Plank Push Ups	4	10 per arm	