



**DEWAYNE**

## Full Body Workout 15

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Leg Extensions	4	20	40-75
2	Leg Abductors	4	20/10 pulse	75-120
2	Single Arm Machine Lat Pull Down	4	15 per arm	30-50
3	Mountain Climbers	4	30 Seconds	
3	Push ups	4	15	
4	Single Arm Dumbbell Rows	4	15	40-50
4	Seated Leg Curls	4	20	40-70
5	Plank Reach Outs	4	15 per arm	