



DEWAYNE

Full Body Workout 16

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Seated Row	4	20/15/12/10	40/50/60/65
1	Glute Press Machine/Donkey Kick	4	15	40-80
2	Single Leg Leg Press	4	15 per leg	50-100
2	Lat Pull Down Wide Grip	4	20/15/12/10	40/50/60/65
3	Single Leg Squat Jumps From Bench	4	10 per leg	
3	Lat Pull Down Close Grip	4	20/15/12/10	40/50/60/65
4	Trap Bar Dead Lifts	4	15	55-125
4	Seated Leg Curls	4	20	40-60