



DEWAYNE

Full Body Workout 12

Super Set	Exercise	# of Sets	# of Reps	Weight
1	In and Out Jumps	2	20	Bodyweight
2	Butt Kicks	1	10	Bodyweight
3	Stationary Lunges - Dumbbell	5	20/20/15/15/15	35/40/45/50/50
4	Stiff Deadlift - Dumbbell	6	20/20/15/15/15/15	35/40/45/50/50/50
5	Glute Blaster	5	20/15/12/12/12	80/90/100/110/120
1	Walking Lunges	2	20	40
2	Leg Extension	4	25	70