



DEWAYNE

Full Body Workout 18

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Walking Push Ups	2	10 down 10 back	bodyweight
1	Regular Push Ups	2	15	bodyweight
2	Cable Single Arm Pull Downs	4	20	40-60
2	Leg Press	4	30	90-150
3	Single Arm Dumbbell Rows	4	15	30-45
3	Leg Abductors	4	30	60-90
4	Leg Extension	4	30	40-70
4	Seated Leg Curl	4	20	40-60