



**DEWAYNE**

## Full Body Workout 18

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Lying Single Leg Curls	4	15 per leg	30-50
1	Leg Curls	4	20,15,12,10	50-70
2	Dumbbell Squat Curl Press	4	15	12-20
2	Seated Cable Rows	4	20	40-60
3	Single Standing Rows	3	15	30-40
3	Slam Balls	3	15	20
4	Upright Planks	2	45 Seconds	
4	Plank with foot taps	2	20 per leg	