



DEWAYNE

Full Body Workout 20

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Trap Bar Squats	5	20/15/12/10	90-150
1	Leg Press (close stance)	5	25	90-150
2	Walking Lunges	4	10 down 10 back	15-20 KB
2	Close Grip Lat Pull Down	4	25	40-60
3	Seated Cable Row	4	25	40-60
3	Wide Grip Lat Pull Down	4	25	40-60
4	Seated Leg Curls	4	20	50-75
4	Planks	4	45 seconds	