



**DEWAYNE**

## Full Body Workout 21

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Barbell Squats	4	15	95-125
1	Cable Bent over rows	4	20	30-50
2	Underhand Lat pull down	5	25	40-60
2	Dumbbell Deadlifts	5	15	25-40
3	Cable Standing 1 arm rows	4	15 per arm	20-35
3	Spider Lunges	4	15 per leg	Bodyweight
4	Seated Leg Abductors	4	20/20 pulses	50-80
4	Rear Delt Rows	4	20	30-40