



DEWAYNE

Full Body Workout 3

Super Set	Exercise	# of Sets	# of Reps	Weight
1	1 legged leg press	5	20	95
1	Dead lifts with dumbbells/kettlebells	5	25	20
2	Hip Abductor (outer thigh)	5	25	60-80
2	Bicep Curls	5	20	10
3	Standing Side Lunges	5	20	15# weights in hand
3	Leg Curl	5	25	40-50
4	Rows	5	20	45-60
4	Jump Squats	5	25	Body weight
5	Planks	5	30 seconds	
5	Tricep press downs	5	25	40-50