



DEWAYNE

Full Body Workout 4

| Super Set | Exercise | # of Sets | # of Reps | Weight |
|-----------|----------------------------|-----------|------------|--------------------------|
| 1 | Leg Press | 5 | 20-25 | 150 |
| 1 | Burpees | 5 | 10 | After Each leg press set |
| 2 | Lunges | 4 | 20/leg | bodyweight |
| 2 | Push ups | 4 | 15 | After each set of lunges |
| 3 | Leg Extension Machine | 4 | 20-25 | 60 (depends on machine) |
| 3 | Leg Curl Machine | 4 | 20-25 | 40 (depends on machine) |
| 4 | Bicep curls with dumbbells | 4 | 25 | 5-8 |
| 4 | Chest Press with dumbbells | 4 | 25 | 12-15 |
| 5 | Plank Push ups | 4 | 15 | N/A |
| 5 | Planks | 4 | 30 seconds | N/A |