



DEWAYNE

Full Body Workout 5

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Kettle Bell Squats	5	20	35-45
1	Mountain Climbers	5	20/leg	
2	Step Out Lunges	5	25	Body Weight
2	Shoulder Press	5	20	12
3	Leg Extension	5	20	50
3	Planks	5	30 seconds	
4	Rows	5	20	45-60
4	Burpees	5	15	Body weight
5	Push Ups	5	10 regular/10 on knees	
5	Tricep press downs	5	25	40-50