



DEWAYNE

Full Body Workout 6

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Leg press (wide Leg)	4	20	125-175
1	Burpees	4	10	
2	Walking Lunges	4	20/leg	Body Weight
2	Squat Jumps	4	20	Body weight
3	Lat Pull Down	4	20	40
3	Planks	4	30 seconds	
4	Rows	4	20	45-60
4	Assisted Pull Ups	4	10	160 pounds
5	Bicep Curls	4	20	10 pounds
5	Chest Press	4	20	15 pound dumbbells/per hand