



DEWAYNE

Full Body Workout 7

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Squats on the Smith Machine	4	20	95
1	Stationary lunges	4	20/leg	Body weight
2	Jump Squats	4	25	Body Weight
2	Outer Thigh Abductor	4	20	75-80
3	Lat Pull Down	4	20	40
3	Planks	4	30 seconds	
4	Tricep Pull Downs	4	20	45-60
4	Inner Thigh Adductor	4	20	75-80
5	Bicep Curls	4	20	10 pounds
5	Plank Push Ups	4	15	Body weight