



**DEWAYNE**

## Full Body Workout 8

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Walking Lunges	4	20	15-25
1	Wide leg Squats	4	25	25 -45pound kettle bell
2	Jump Squats	4	25	Body Weight
2	Tricep Pull down	4	20	40-50
3	Lat Pull Down	4	20	40
3	Burpees	4	10	
4	Leg Extension	4	20	45-60
4	Seated Row	4	20	45-55
5	Bicep Curls	4	20	12 pounds
5	Leg Curls	4	20	40-50