



DEWAYNE

Full Body Workout 9

Super Set	Exercise	# of Sets	# of Reps	Weight
1	Jump Squats	4	25	Body weight
1	Leg Extension	4	20	40-50
2	Side Lunges	4	20/leg	Body weight
2	Tricep over head press	4	20	40-50
3	Back extension	4	25	Hold a 10 pound weight
3	Push ups	4	15	10 regular/5 on knees
4	Leg curl	4	20	45-60
4	Seated Row	4	20	45-55
5	Bicep Curls	4	20	12 pounds dumbbells
5	Plank	4	30 seconds	Body weight