

# Workout: Full Body

Your workout consists of "supersets." You'll perform all exercises within each set (Ex: A1, A2, etc), take a 60-90 second rest and repeat. Complete all sets/reps within a superset before moving on to the next superset. Please ensure you warm up for a minimum of 5 minutes before you begin your workout. Keep track of which weights you use for each exercise and work to increase your weights over the next 4-6 weeks!

## *Quads, Hamstrings, Glutes*

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### **A1** DEADLIFTS

Sets: 3

Reps: 8

### **A2** BOWLERS LUNGES

Sets: 3

Reps: 8

### **A3** CALF RAISES

(Can perform on the bottom step of a staircase, or just from the floor etc.)

Sets: 3

Reps: 8

## *Back, Chest & Shoulders*

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### **B1** PUSH UP'S

(Slow down your push ups to increase intensity if they're getting easier!)

Sets: 3

Reps: 8

### **B2** BENT OVER ROW

Sets: 3

Reps: 8

### **B3** FRONTAL RAISE

Sets: 3

Reps: 8

## *Biceps, Triceps*

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### **C1** ALTERNATING HAMMER CURLS

Sets: 2

Reps: 8

### **C2** TRICEP DIPS

(Keep hips close to bench at all times  
- to increase intensity move feet  
further away from you!)

Sets: 3

Reps: 8

## *Lower Back & Core*

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### **D1** WALK THE PLANK

Sets: 3

TIMED :30 SEC

### **D2** REVERSE CRUNCH W/TOE TAPS

Sets: 3

TIMED :30 SEC

### **D3** SUPERMAN

Sets: 3

Reps: 8