

Full Body Workouts

Body Weight Full body

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Push up	3	AMRAP		0	
A2	Banded row	3	12	2012	60	Squeeze shoulder blades together
B1	Step up	3	12		0	Keep weight in heel and don't use back leg
B2	Wall sit	3	AMRAP		60	
C1	Lying ball curl	3	10		0	Use bosu ball is possible
C2	Lunge with rotation	3	10		75	
D1	Assisted Pull up	4	15,20		45	Towel row if no pull up

Full body 2

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Cable row	4	8	3012	45	Pull shoulders down
A2	Push up	4	12	3012	45	
B1	Lat pull down or pull up	4	20	4010	45	

C1	Shoulder press	3	8	3010	0	Keep back stable
C2	DB chest press	3	8	3010	60	Lock shoulders into bench
D1	Rear delt DB fly	4	15	3011	45	Squeeze hard at top
E1	DB front squat	4	15	4210	60	Stick to rest time

Full body 3

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	DB push press	4	8	3012	45	
B1	DB squat	3	10	3010	60	
C1	DB straight leg deadlift	3	15	3110	45	
C2	Lunge	4	10	2010	75	
D1	Bench press	4	12	3010	0	
D2	DB row	4	12	3011	60	
E1	Calf raise (seated/standing)	3	30	2010	0	

