



Workout planner

DATE:

MUSCLE GROUP:

Full Body

RESISTANCE: Dumbbells

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Dumbbell Front Squats	3	8-6-6			
Rest	3	45 seconds			
Dumbbell Bentover Row	3	8-6-6			
Rest	3	45 seconds			
Dumbbell Lunge	3	10 reps			
Rest	3	45 seconds			
Standing Shoulder Press	2	8 reps			
Romanian Deadlift	2	8 reps			
Rest	2	30 seconds			
Single Leg Thrust	2	15 reps per leg			

How To Perform The Workout

Perform the front squats for 8 reps, rest for 45 seconds. Then perform six reps, rest for 45 seconds and then another six repetitions before moving on to the rows. Perform those the same way. Then, perform three sets of the lunges for 10 reps per leg with 45 second rest and a total of three rounds. Perform the press and deadlift back to back without rest, after the deadlifts rest for 30 seconds and repeat. Finally, finish with an all out set of the thrusts.