Workout:

**Name:**

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| **Exercise** | **Sets** | **Reps** | **Set1** | **Set2** | **Set3** | **Set4** | **Set5** | **Rest** |
|  | | | | | | | | |
| Workout 1 |  |  |  |  |  |  |  |  |
| Workout 2 |  |  |  |  |  |  |  |  |
| Workout 3 |  |  |  |  |  |  |  |  |
| Workout 4 |  |  |  |  |  |  |  |  |
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| Workout 3 |  |  |  |  |  |  |  |  |
| Workout 4 |  |  |  |  |  |  |  |  |

**Workout:**

**e**

Full Body #1

**Name:**

**Marc Perry**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Sets** | **Reps** | **Set1** | **Set2** | **Set3** | **Set4** | **S t5** | **Rest** |
| **Front Squats** | | | | | | | | |
| Workout 1 | **3** | **12** | **185 /12** | **185/10** | **185/8** |  |  | **0** |
| Workout 2 | **3** | **12** | **195 /12** | **195/8** | **195/6** |  |  | **0** |
| Workout 3 | **3** | **10** | **205/10** | **205 /8** | **205 /6** |  |  | **0** |
| Workout 4 | **3** | **10** | **205/10** | **205/10** | **205 /8** |  |  | **0** |
| **Forward Lunges with DB's** | | | | | | | | |
| Workout 1 | **3** | **12** | **50/12** | **50/8** | **50/6** |  |  | **60** |
| Workout 2 | **3** | **12** | **50/12** | **50/10** | **50/8** |  |  | **60** |
| Workout 3 | **3** | **10** | **55 /10** | **55/8** | **55/6** |  |  | **60** |
| Workout 4 | **3** | **10** | **55 /10** | **55 /10** | **55/8** |  |  | **60** |
| **DB Bench Press** | | | | | | | | |
| Workout 1 | **3** | **12** | **185 /12** | **185/10** | **185/8** |  |  | **0** |
| Workout 2 | **3** | **12** | **195 /12** | **195/8** | **195/6** |  |  | **0** |
| Workout 3 | **3** | **10** | **205/10** | **205 /8** | **205 /6** |  |  | **0** |
| Workout 4 | **3** | **10** | **205/10** | **205/10** | **205 /8** |  |  | **0** |
| **Pull-Ups** | | | | | | | | |
| Workout 1 | **3** | **F** | **BW/18** | **BW/13** | **BW/10** |  |  | **0** |
| Workout 2 | **3** | **F** | **BW/19** | **BW/15** | **BW/19** |  |  | **0** |
| Workout 3 | **3** | **F** | **BW/20** | **BW/20** | **BW/20** |  |  | **0** |
| Workout 4 | **3** | **F** | **BW/22** | **BW/22** | **BW/22** |  |  | **0** |
| **DB Shoulder Press** | | | | | | | | |
| Workout 1 | **3** | **12** | **50/12** | **50/10** | **50/8** |  |  | **60** |
| Workout 2 | **3** | **12** | **50/12** | **50/12** | **50/10** |  |  | **60** |
| Workout 3 | **3** | **10** | **55 /10** | **55/8** | **55/6** |  |  | **60** |
| Workout 4 | **3** | **10** | **55 /10** | **55 /10** | **55/6** |  |  | **60** |
| **Hanging Abs Raise** | | | | | | | | |
| Workout 1 | **3** | **15** | **BW/15** | **BW/13** | **BW/12** |  |  | **0** |
| Workout 2 | **3** | **15** | **BW/15** | **BW/14** | **BW/13** |  |  | **0** |
| Workout 3 | **3** | **20** | **BW/20** | **BW/18** | **BW/16** |  |  | **0** |
| Workout 4 | **3** | **20** | **BW/20** | **BW/19** | **BW/19** |  |  | **0** |
| **Bird Dog on Exercise Ball** | | | | | | | | |
| Workout 1 | **3** | **12** | **BW/12** | **BW/12** | **BW/12** |  |  | **60** |
| Workout 2 | **3** | **12** | **BW/12** | **BW/12** | **BW/12** |  |  | **60** |
| Workout 3 | **3** | **10** | **BW/10** | **BW/10** | **BW/10** |  |  | **60** |
| Workout 4 | **3** | **10** | **BW/10** | **BW/10** | **BW/10** |  |  | **60** |
| **Hip Extension** | | | | | | | | |
| Workout 1 | **2** | **12** | **BW/12** | **BW/12** |  |  |  | **60** |
| Workout 2 | **2** | **12** | **BW/12** | **BW/12** |  |  |  | **60** |
| Workout 3 | **2** | **10** | **BW/10** | **BW/10** |  |  |  | **60** |
| Workout 4 | **2** | **10** | **BW/10** | **BW/10** |  |  |  | **60** |
|  | | | | | | | | |
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