

Workout:

Full Body #1

Name:

Marc Perry

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

