

# Full Body

MUSCLE GROUP: FULL BODY WEEK 4

## DAY 1

DIFFICULTY: 🔥🔥🔥🔥

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bicep Curl	4	10		Superset 1	
Reverse Lunge	4	10 each		Superset 1	
Squat to Press	4	12			
SA Row	4	10 each		Superset 2	
Goblet Squat	4	12		Superset 2	

## DAY 2

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Plank	4	:20-:30			
DB Shoulder Press	4	12		Superset 1	
SL Glute Bridge	4	10 each		Superset 1	
Shoulder Taps	4	8 each		Superset 2	
Lateral Lunge	4	10 each		Superset 2	



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MUSCLE GROUP: FULL BODY WEEK 3

## DAY 1

DIFFICULTY: 🔥🔥🔥

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bicep Curl	3	10		Superset 1	
Reverse Lunge	3	10 each		Superset 1	
Squat to Press	3	12			
SA Row	3	10 each		Superset 2	
Goblet Squat	3	12		Superset 2	

## DAY 2

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Plank	3	:20-:30			
DB Shoulder Press	3	12		Superset 1	
SL Glute Bridge	3	10 each		Superset 1	
Shoulder Taps	3	8 each		Superset 2	
Lateral Lunge	3	10 each		Superset 2	



# Full Body

## MUSCLE GROUP: FULL BODY WEEK 2

### DAY 1

DIFFICULTY: 🔥🔥

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bicep Curl	4	8		Superset 1	
Reverse Lunge	4	8 each		Superset 1	
Squat to Press	4	10			
SA Row	4	8 each		Superset 2	
Goblet Squat	4	10		Superset 2	

### DAY 2

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Plank	4	:15-:20			
DB Shoulder Press	4	10		Superset 1	
SL Glute Bridge	4	8 each		Superset 1	
Shoulder Taps	4	6 each		Superset 2	
Lateral Lunge	4	8 each		Superset 2	



# Full Body

## MUSCLE GROUP: FULL BODY WEEK 1

### DAY 1

DIFFICULTY: 🔥

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bicep Curl	3	8		Superset 1	
Reverse Lunge	3	8 each		Superset 1	
Squat to Press	3	10			
SA Row	3	8 each		Superset 2	
Goblet Squat	3	10		Superset 2	

### DAY 2

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Plank	3	:15-:20			
DB Shoulder Press	3	10		Superset 1	
SL Glute Bridge	3	8 each		Superset 1	
Shoulder Taps	3	6 each		Superset 2	
Lateral Lunge	3	8 each		Superset 2	

