

Full Body Workout

	Set/Reps	Week 1	Week 2	Week 3	Week 4
Day 1					
Squat	3x6-12				
Bench	3x6-12				
Bent Over Row	3x6-12				
DB Overhead Press	3x8-12				
Ab Roller	3x6-12				
Day 2					
Calf Raises	3x8-12				
DB Flys	3x8-12				
Barbell/EZ Bar Curl	3x8-12				
Lateral Raise	3x8-12				
Sit-ups	3x8-12				
Day 3					
Deadlift	3x3-5				
Incline DB Press	3x8-12				
DB Lying Row	3x8-12				
Barbell Overhead Press	3x6-12				
Hanging Leg Raise	3x6-12				