



Full Body Workout

SS=**Superset** when one set of an exercise is performed directly after a set of a different exercise without rest between them.

Stretch before workout

WORKOUT

-Plank 4x1min

-SS: Push-Up 3x20

-Stairs 3x6-8 times (up/down=1)

-SS: Jump Rope 3x1min

-E-Z Bar Strict Curl 5x5

-SS: Tricep Extension 5x5

-Dumbbell ISO Curl 5x30sec

-Hammer Curl Finisher 3x20

-SURPRISE: Burpee

Target Muscles: Abs, Bicep, Brachialis, Brachioradialis, Calf, Chest, Deltoid, Forearm, Hamstring, Serratus Anterior, Tricep, and Quads.

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