

FULL BODY

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>
1	SQUAT	8-10	4	90 (seconds between sets)
2	BARBELL/DB CLEAN	8	4	90
3	DEADLIFT	8-10	4	90
4	DB SNATCH	8 ES – Each side	4	90
5	DB INCLINE BENCH PRESS	10-12	4	75
6	REAR DEALT FLY	10	3	60
7	DB BENCH ROW	10-12	3	60
8	SEATED SHOULDER PRESS	10-12	3	60