

FULL BODY INTERMIDATE

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>
A	SQUAT	10	4	90 (seconds between sets) at least 90 seconds. So if you need 2 minutes take it
B	DB BENCH PRESS	8-10	3	90 secs
C	DEADLIFT	8-10	4	90 secs
D	SEATED SHOULDER PRESS	10	3	90 secs
E	DB ROW	12-15	4	90 secs
F	REAR DEALT FLY	12	3	90 secs