



Full Body Workout

Rules:

Perform a full mobility Drill and Muscle Activation warm up before starting.

Build up to a 5 rep max with warm up sets if need be.

Pick a weight that you could do for 6 reps max for A1, B1, C1, D1, E1. If the Exercise is bodyweight and you can do more than 6 reps e.g. pull ups then add weight until you can only do 6 reps.

30 seconds rest between exercise 1 & 2 until the 3 sets are complete

Rest 60s inbetween each exercise pair.

	Exercise	Reps	Rest	Sets	Notes
A1	Db Chest Press	5	30s	3	
A2	Push Up	10		3	
			60s		
B1	Pull Ups	5	30s	3	
B2	Strap Rows	10		3	
			60s		
C1	Db Military Press	5	30s	3	
C2	Pike Push ups	10		3	
			60s		
D1	Dbl Kb Box Squat	5	30s	3	
D2	Pistol Squats	10		3	
			60s		
E1	Hanging leg Raise (Slow)	5	30s	3	
E2	Ab Wheel Roll Out	10		3	