

## **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
	1	ı	1	
Db Chest Press	5	30s	3	
Push Up	10		3	
,		60s		
Pull Ups	5	30s	3	
Strap Rows	10		3	
		60s		
Db Military Press	5	30s	3	
Pike Push ups	10		3	
		60s		
Dbl Kb Box Squat	5	30s	3	
Pistol Squats	10		3	
		60s		
Hanging leg Raise (Slow)	5	30s	3	
Ab Wheel Roll Out	10		3	
	Db Chest Press  Push Up  Pull Ups  Strap Rows  Db Military Press  Pike Push ups  Dbl Kb Box Squat  Pistol Squats  Hanging leg Raise (Slow)	Db Chest Press 5 Push Up 10  Pull Ups 5 Strap Rows 10  Db Military Press 5 Pike Push ups 10  Dbl Kb Box Squat 5 Pistol Squats 10  Hanging leg Raise (Slow) 5	Db Chest Press         5         30s           Push Up         10         60s           Pull Ups         5         30s           Strap Rows         10         60s           Db Military Press         5         30s           Pike Push ups         10         60s           Dbl Kb Box Squat         5         30s           Pistol Squats         10         60s           Hanging leg Raise (Slow)         5         30s	Db Chest Press         5         30s         3           Push Up         10         3           60s         60s         3           Pull Ups         5         30s         3           Strap Rows         10         3           60s         60s         3           Pike Push ups         10         3           60s         60s         60s           Dbl Kb Box Squat         5         30s         3           Pistol Squats         10         3           Hanging leg Raise (Slow)         5         30s         3