

FULL BODY WORKOUT



1 INCLINE SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



2 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



3 KNEELING DUMBBELL ROW
Kneel on one knee. Hold a dumbbell in each hand. Pull the weights up towards your chest, keeping your back straight.



4 BACK OF BACK PRESS
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



5 TRICEP PUSHDOWN
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



6 DIP PRESS
Support your body weight on your arms. Lower your body until your elbows are at a 90-degree angle. Push back up.

WEDNESDAY



7 FRONT SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



8 INCLINE BENCH PRESS
Lie on an incline on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



9 DUMBBELL ROW PULLDOWN
Kneel on one knee. Hold a dumbbell in each hand. Pull the weights up towards your chest, keeping your back straight.



10 MILITARY PRESS
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



11 TRICEP EXTENSION
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



12 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

FRIDAY



13 VERTICAL SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



14 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



15 PULL UP
Hang from a bar with your arms straight. Pull your body up until your chin is over the bar.



16 SQUAT ROWING
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



17 DUMBBELL PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



18 FRONTAL SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

OPTIONAL



19 DUMBBELL ROW
Kneel on one knee. Hold a dumbbell in each hand. Pull the weights up towards your chest, keeping your back straight.



20 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



21 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



22 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



23 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



24 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.

WOMEN'S WORKOUT



1 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

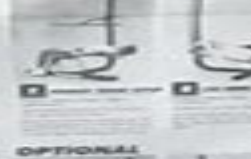


2 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.

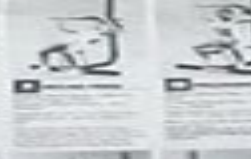


3 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

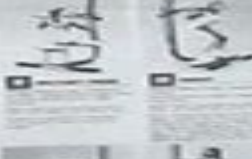
WEDNESDAY



4 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



5 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



6 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

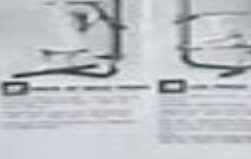
FRIDAY



7 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



8 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



9 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

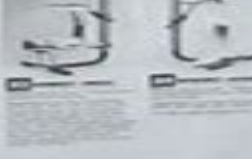
OPTIONAL



10 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.



11 BENCH PRESS
Lie on your back on a flat surface. Grip the bar with hands shoulder-width apart. Press the bar up and back over your head.



12 SQUAT
Stand with feet on a platform, back to the incline. Lower your body until your thighs are parallel to the floor. Push back up.

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