

Full-Body Workout

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight
Chest	1	Multi-Joint	Chest Press	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
Back	1	Multi-Joint	Seated Row	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
Shoulders	1	Single-Joint	Laterals	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
Triceps	1	Single-Joint	Tricep Extension	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
Biceps	1	Single-Joint	Bicep Curl	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
Legs	1	Multi-Joint	Squat or Press	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
Abs	1	Single-Joint	Crunches	1	10 x	15 x	20 x
				2	10 x	15 x	20 x
				3	10 x	15 x	20 x