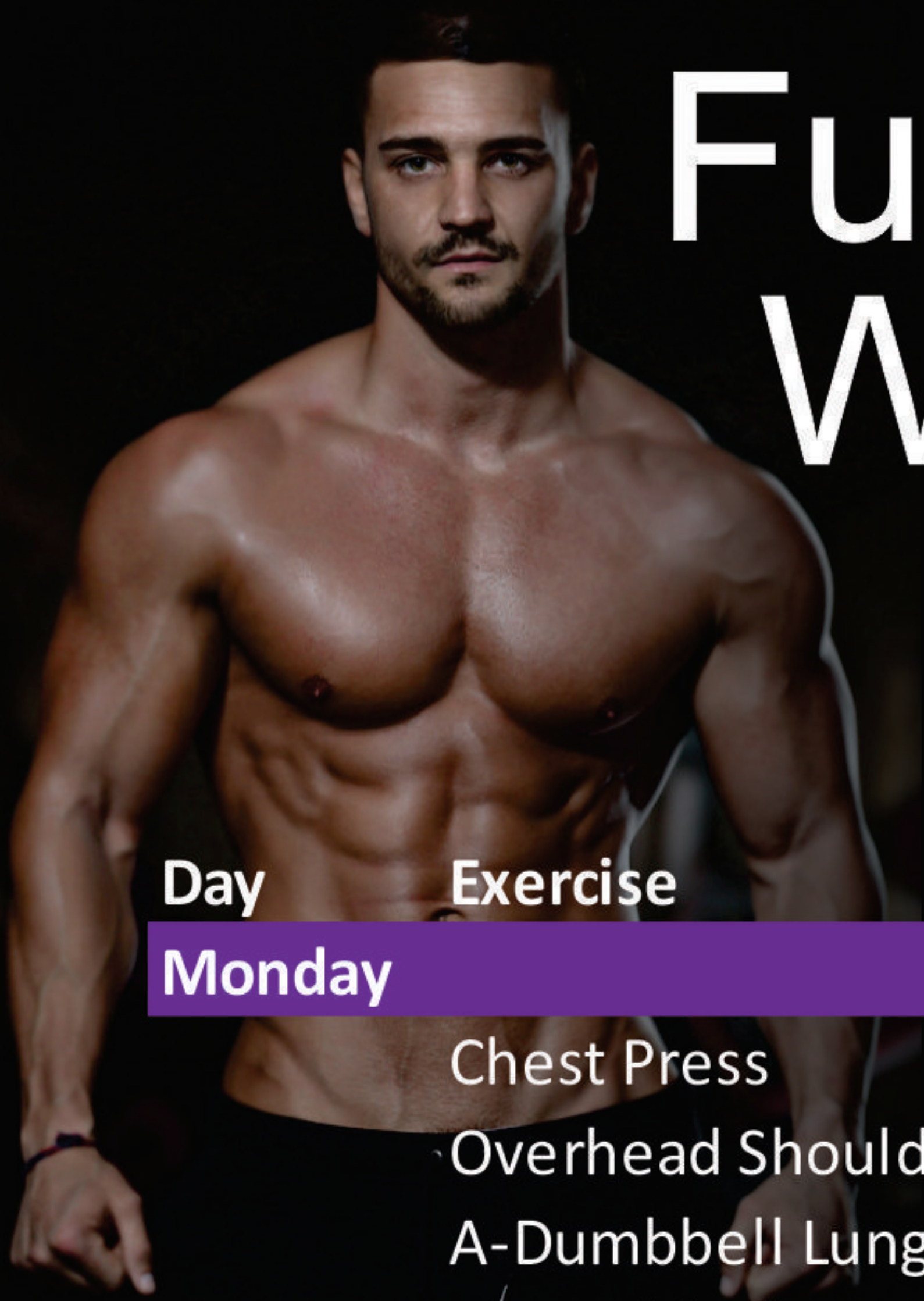




Full Body Workout

45 minutes
3x week

Day	Exercise	Sets	Reps
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Monday

Chest Press	3	8
Overhead Shoulder Press	3	8
A-Dumbbell Lunges	3	10
A-Dumbbell Rows	3	8
B-Cable Pull-throughs	3	8
B-Cable Crunch	3	8

Wednesday

Squats	3	8
A-Chin-ups or Pull-ups	3	8
A-Push-ups	3	15
B-Leg Curls	3	8
B-Leg Raise	3	8
Planks (any type)	3	1

Friday

Dumbbell Bench Press	3	8
Lat Pull-downs	3	8
A-Leg Press	3	8
A- Calf raises on the leg press	3	8
B-Bicep Curl	3	8
B-Skull Crushers	3	8

for complete workout instructions and a downloadable, printable
version, go to <http://www.shrinkinguy.com/workouts>

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