



# FULL BODY WORKOUT

FOLLOW @MUSCLEMORPH\_

BARBELL BENCH PRESS



3 SETS, 10 -12 REPS

BARBELL SQUAT



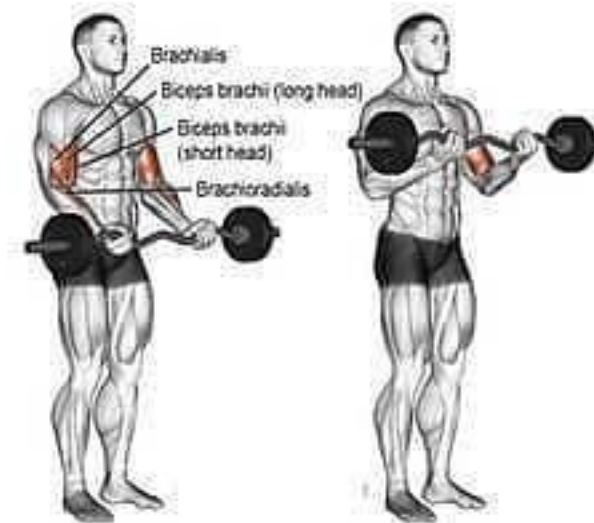
2 SETS, 10-12 REPS

BENT OVER ROW



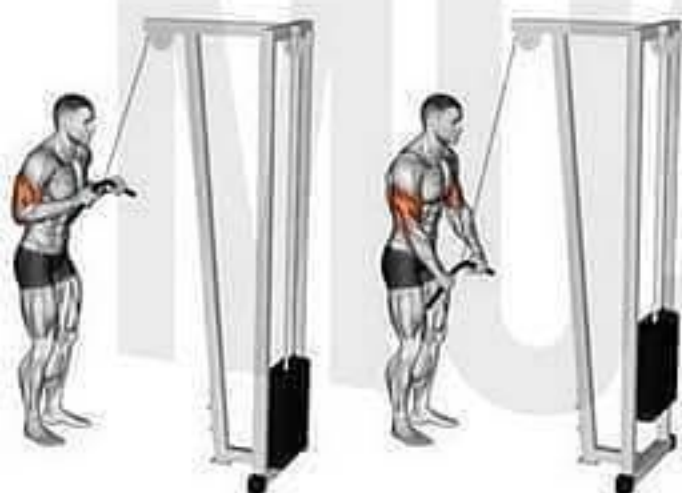
2 SETS, 12 REPS

Z-BAR CURLS



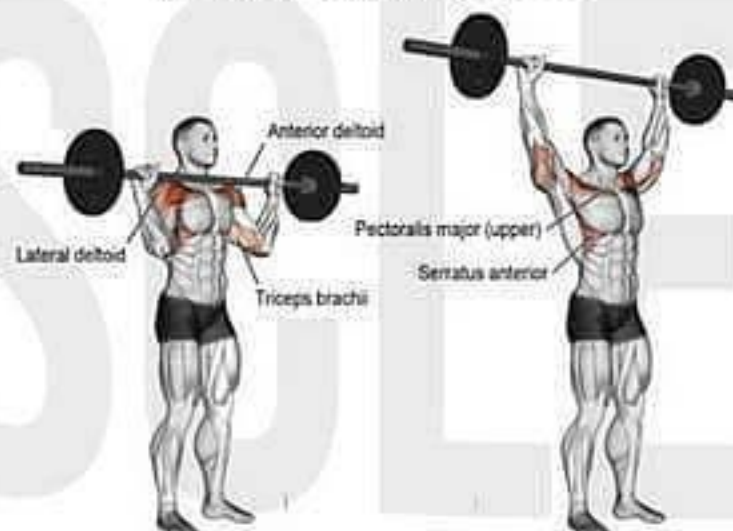
2 SETS, 15 REPS

PULLDOWNS



2 SETS, 12 REPS

MILITARY PRESS



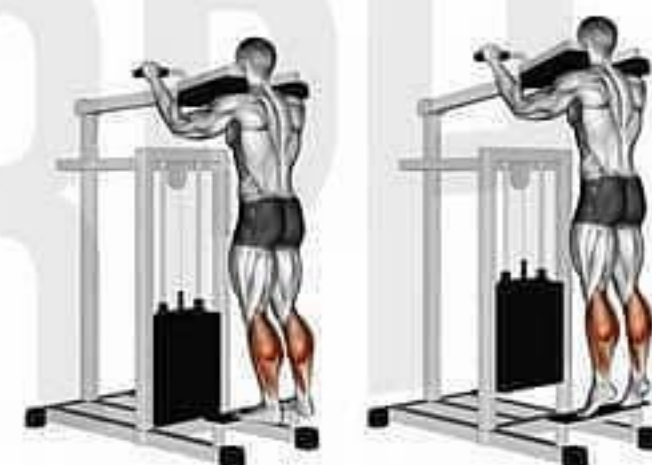
2 SETS, 12 REPS

LEG RAISES



2 SETS, 15 REPS

CALF RAISES



2 SETS X 20 REPS