

WORKOUT / FULL BODY / SAMPLE

WORKOUT 1	DAY 1	DAY 2	DAY 3	DAY 4
CARDIO				
Sprints or "1 Minute" Workout				
MAIN LIFT				
1. Barbell Back Squat 4 sets, 15 reps				
AUXILIARY 1				
2A. Shoulder Press 3 sets, 12 reps				
2B. Bentover Row 3 sets, 12 reps				
AUXILIARY 2				
3A. Split Squats 3 sets, 12 reps				
3B. Dumbbell Rows 3 sets, 12 reps				
3C. Stiff Leg Deadlifts (RDL's) 3 sets, 12 reps				
CORE				
5. Hanging Leg Raises 4 sets, 12 reps				

SETS/REPS GUIDELINES

	STRENGTH	MASS	ENDURANCE
% 1RM	> 85%	67-85%	< 67%
Reps	1-5	6-12	12+
Recovery	3-5 minutes	1-2 minutes	30-60 seconds
Sets	2-6	3-6	2-3