Full body Workout

Intro (change to fukll body not PPL)

No matter what is going on in your life it can always be difficult to find time to work out. If you divide your training sessions into the common body part split of arms, legs, chest, shoulders, and back then you may end up having to commit to 5 sessions a week just to hit everything. With this workout you can work out your whole body in just 3 sessions, making it much easier to fit around a busy routine.

3 day

Day 1 – Chest, Shoulders, Triceps

* Press-ups 4×10
* Flies (cable, dumbbell) 4×10
* Dumbbell Overhead Press 4×10
* Dumbbell kickbacks 4×12
* Overhead tricep press 4×10

Day 2 – Back, Biceps, Shoulders

* Dumbbell Rows
* Dumbell Curls
* Hammer Curls
* Side Raises
* Rear Delt Flys
* Lower back extensions

Day 3 – Legs, Abs

* Goblet Squats
* Single Leg Romanian Deadlifts
* Wall sit
* Dumbbell Glute Bridges
* Dumbbell Lunges
* ABS

Structure

Intro

* Why you could go with this workout (efficiency, can get you out of a rut etc)
* What this work out tries to do (hit all your body parts enough over the week)
* Overview the workout, week structure, possible flexibility

Workout

* Title
* Overview
* Benefits
* Picture
* How to perform the exercise step by step
* Tips

Conclusion

* How long to follow for?
* Possible variations

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