

|

# FULL BODY

GYM



***6 PERCENT***  
F I T N E S S



## BEFORE YOU START

1. Complete each exercise for 3-4 sets before moving on to the next exercise!
2. Focus on proper form & FULL muscle contraction
3. If the workouts are not done to exhaustion -> INCREASE the amount of reps, or decrease your rest time.
4. If unable to finish an entire circuit -> DECREASE the amount of reps.
5. Review your workouts before the actual work out! Use google and other search engines to familiarize yourself with uncommon movements.



**6 PERCENT**  
F I T N E S S



## AB GENERATOR

<https://ab-generator-1.web.app/home>

### LIFT 1

Full Body	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Barbell Bench Press	Barbell Back Squats	Incline Alternating Dumbbell Bench	Standing Overhead Press	Dumbbell Bulgarian Split Squats	Pull Ups	Drag Curls
Sets	3-4	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	10	10 each arm	10-12	10-12	10-12	10-12
Rest	60-90 sec. rest between each lift						

### LIFT 2

Full Body	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Barbell Back Squats	Deadlifts	Close Grip Dumbbell Bench	Dumbbell Reverse Fly's	Shoulder Press	Chin Ups
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	10	10	10	10	10-12
Rest	60-90 sec. rest between each lift					



## LIFT 3

Full Body	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Deadlifts	Lunges w/ Dumbbells	Standing Barbell Overhead Press	Barbell Bent Over Rows	DB Overhead Farmer's Carry (use ¼ of your body weight in dumbbells)	Cable Hammer Curls
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	5	10 steps on each leg	10	10	50 steps total	10-12
Rest	60-90 sec. rest between each lift					

## LIFT 4

Full Body	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7
Exercise	Leg Press & Goblet Squats	Dumbbell Hammer Curls	Dumbbell Bulgarian Split Squats	Dumbbell Overhead Tricep Extensions	Hamstring Curls	Leg Extensions	Pulls Ups & Dips (weighted or unweighted)
Sets	3-4	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10 on both	10	10 on each leg	10	10	10	10 on both
Rest	60-90 sec. rest between each lift						



## LIFT 5

Full Body	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Barbell Bench Press	Landmine Chest Press or Incline Bench Press	Leg Press & Goblet Squats	Barbell Rows & Barbell RDL's	Tricep Extensions	Machine Curls or EZ Bar Curls
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	10	10 on both	10 on both	10	10
Rest	60-90 sec. rest between each lift					

## LIFT 6

Full Body	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Barbell Bench Press	Hammer Curls	DB Reverse Lunges & DB Military Press	Goblet Squats & One Arm DB Row	Dumbbell Reverse Grip Curls	Dumbbell Swings (use kettle bells if available)
Sets	3-4	3-4	3-4	3-4	3-4	3-4
Reps	10	10-12	10 each leg 10 on presses	10 squats 10 on both arms	10-12	10-12
Rest	60-90 sec. rest between each lift					

