

# Workout

## FULL BODY



### **FIRST STEPS**

Benchpress

Sets: 10 Reps: 12 Tempo: 2010 Rest: 60sec



### **SECOND STEPS**

Standing biceps curl

Sets: 8 Reps: 12 Tempo: 2110 Rest: 10sec



### **THIRD STEPS**

Barbell Squat

Sets: 8 Reps: 12 Tempo: 2010 Rest: 10sec



### **FOURTH STEPS**

Deadlift

Sets: 8 Reps: 12 Tempo: 2010 Rest: 10sec

Advanced