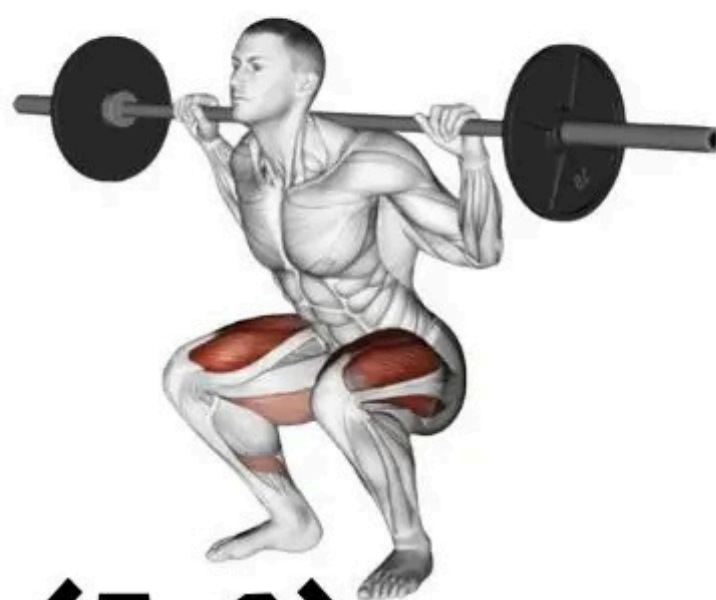


3 DAY FULL BODY WORKOUT

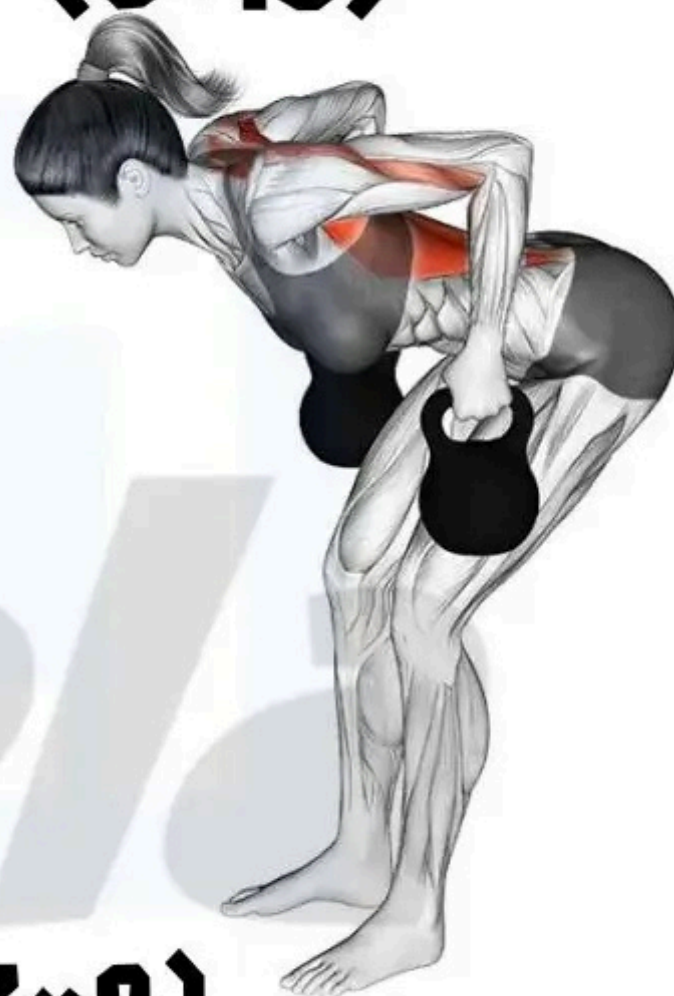
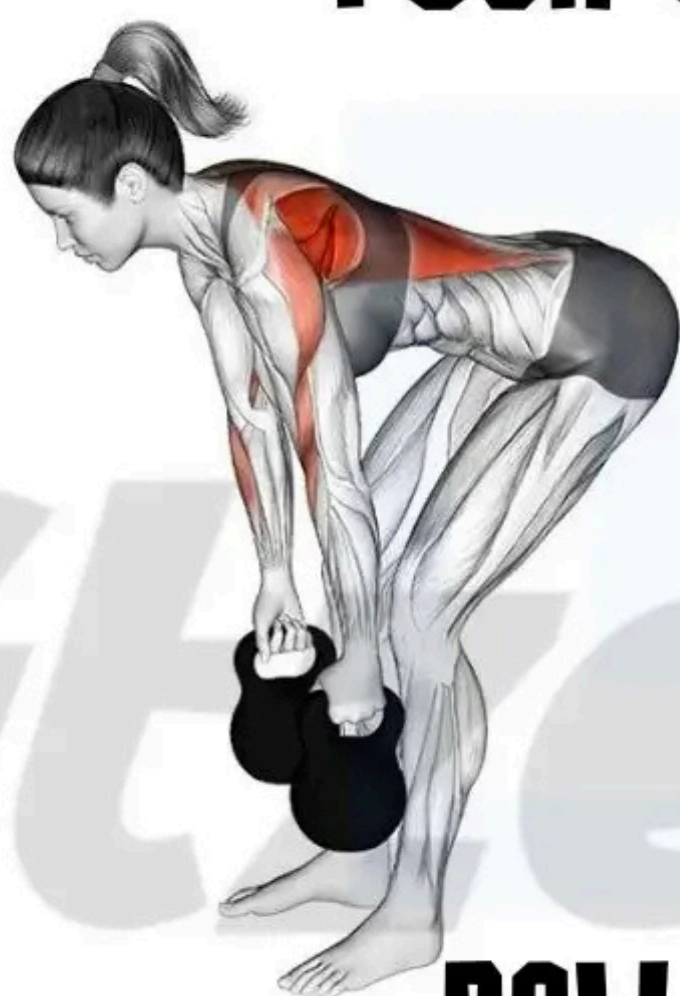
BEGINNER



SQUAT (3×8)



PUSH-UP (3×10)



ROW (3×8)



PLANK (3×30S)



3 DAY FULL BODY WORKOUT

STRENGTH FOCUS



SQUAT (5×5)



OVERHEAD PRESS (5×5)



DEADLIFT (3×5)

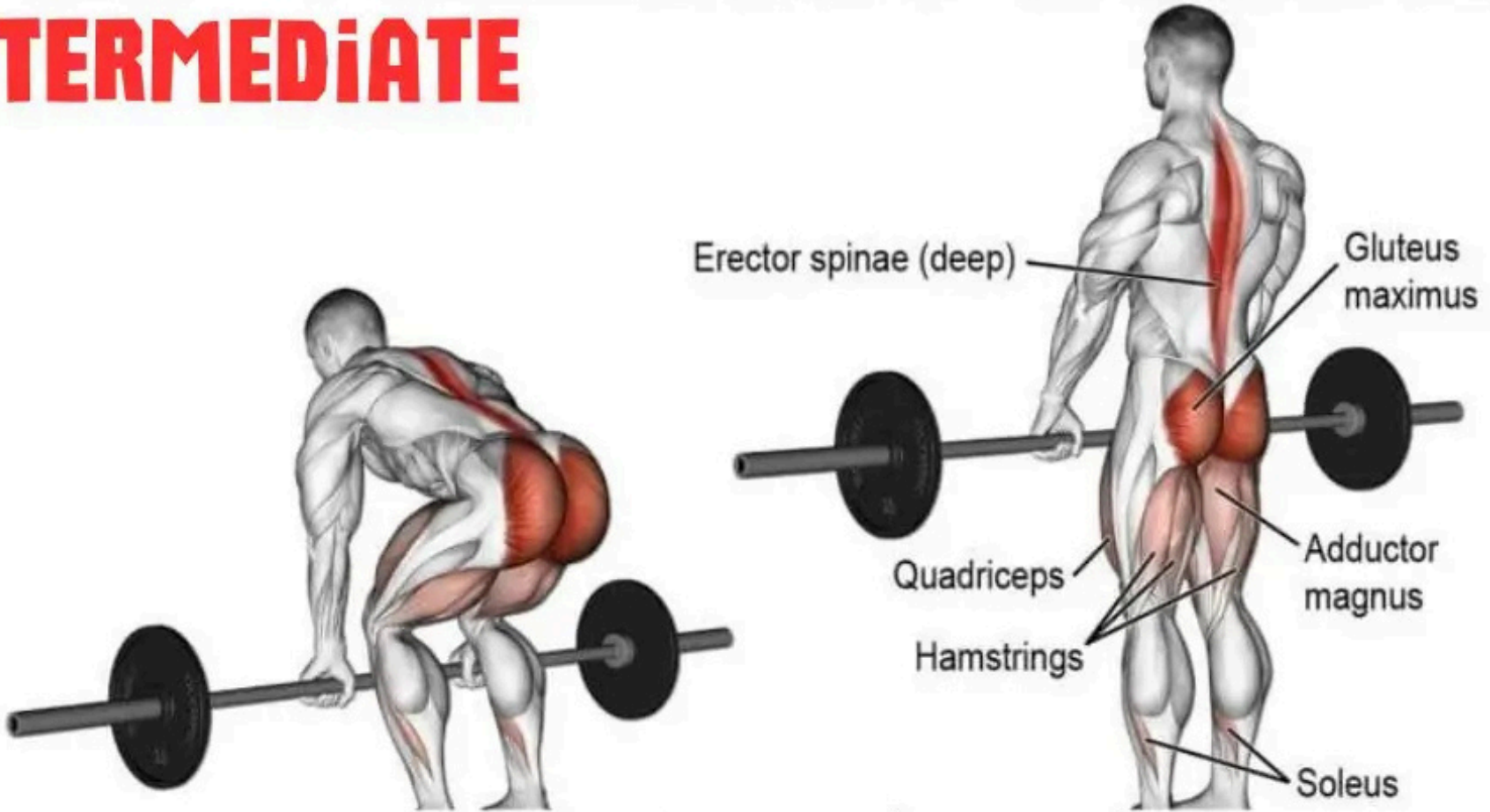


FACE PULL (3×15)



3 DAY FULL BODY WORKOUT

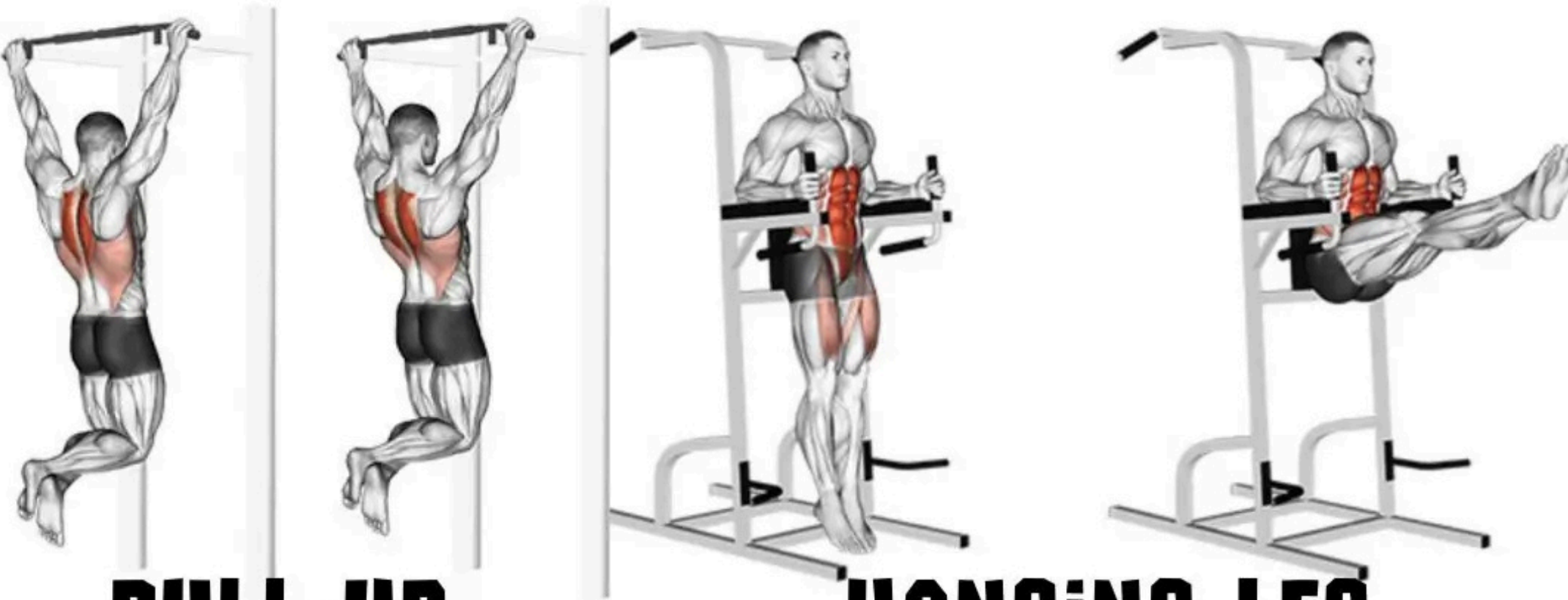
INTERMEDIATE



DEADLIFT (4×6)



BENCH PRESS (4×8)



PULL-UP (4×6)

HANGING LEG RAISE (3×12)

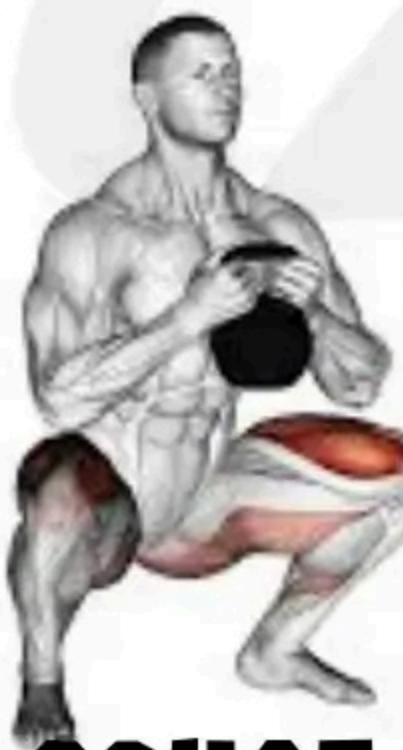


3 DAY FULL BODY WORKOUT

FAT LOSS CIRCUIT



(CIRCUIT X 4): KB SWING (15)



GOBLET SQUAT

(15)

BURPEE

(10)



SIT-UP (20)



3 DAY FULL BODY WORKOUT

BODYWEIGHT ONLY



JUMP SQUAT

(3×15)



DIPS

(3×12)



INVERTED ROW (3×10)



BICYCLE CRUNCH (3×20)



3 DAY FULL BODY WORKOUT

HYPERTROPHY



LEG PRESS (4×12)



INCLINE DB PRESS

(4×10)



LAT PULLDOWN

(4×12)

fitzela



RUSSIAN TWIST (3×20)

