

# ***SAMPLE FULL BODY GYM WORKOUT PROGRAMS***

**Muscle Growth**



**LEG PRESS (4×12)**



**INCLINE DUMBBELL PRESS  
(4×12)**



**SEATED ROW (4×12),**

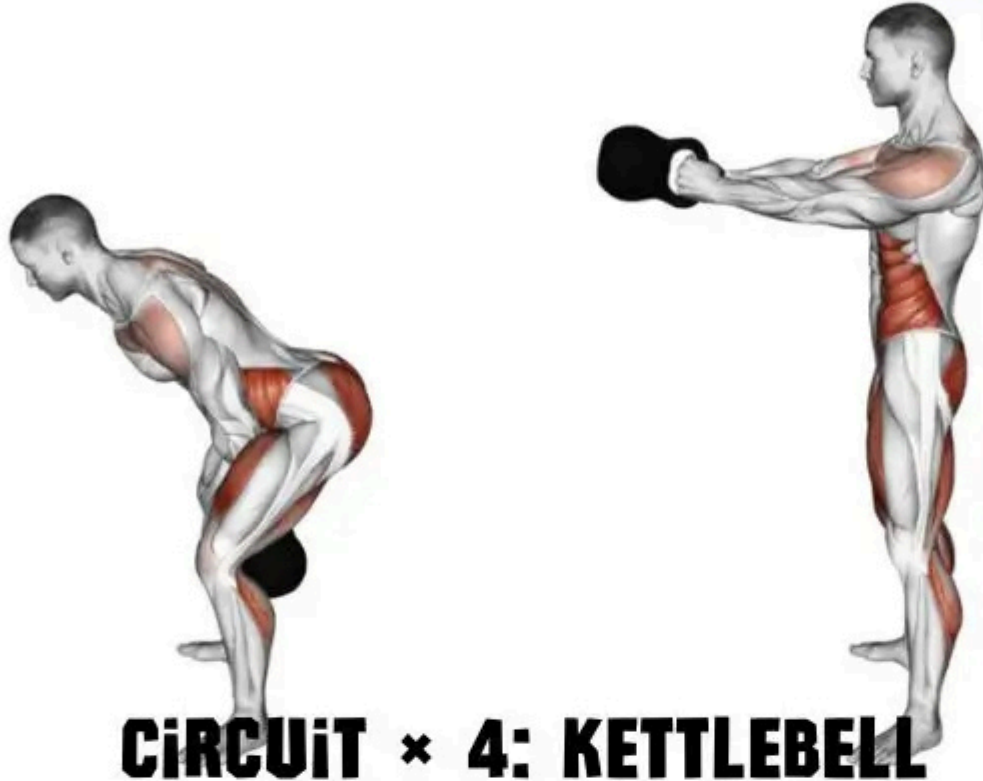


**BULGARIAN SPLIT SQUAT (3×10 EACH LEG)**



# ***SAMPLE FULL BODY GYM WORKOUT PROGRAMS***

**Fat Loss Circuit**



**CIRCUIT \* 4: KETTLEBELL  
SWING (15)**



**TRX ROW (12)**



**BOX JUMP (10)**



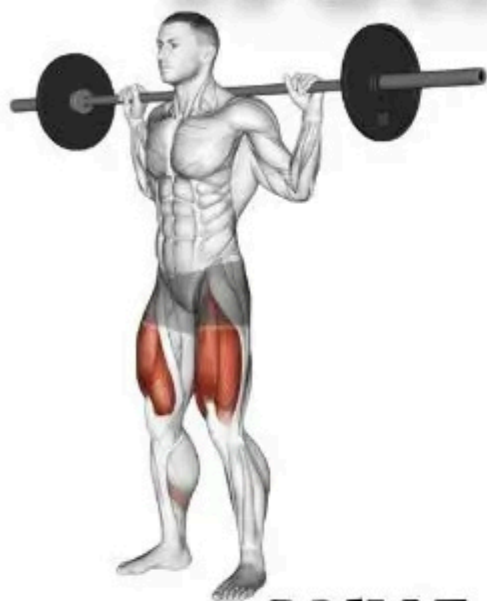
**BICYCLE CRUNCH (20)**



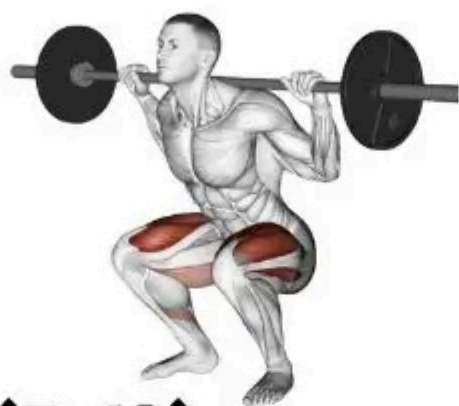


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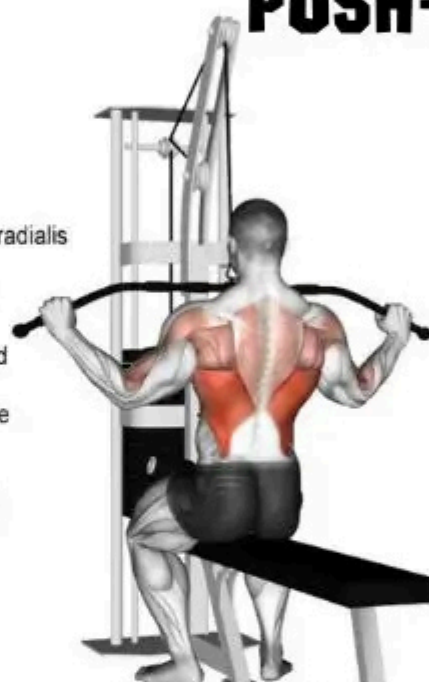
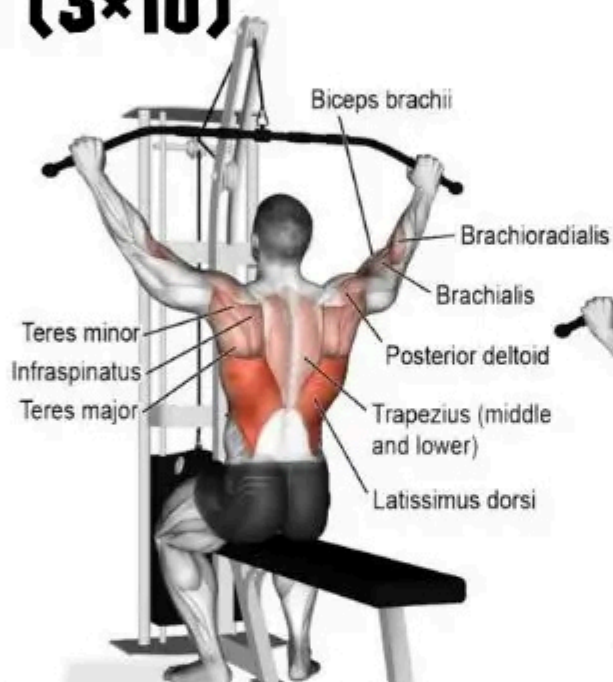
**Beginner**



**SQUAT (3×10)**



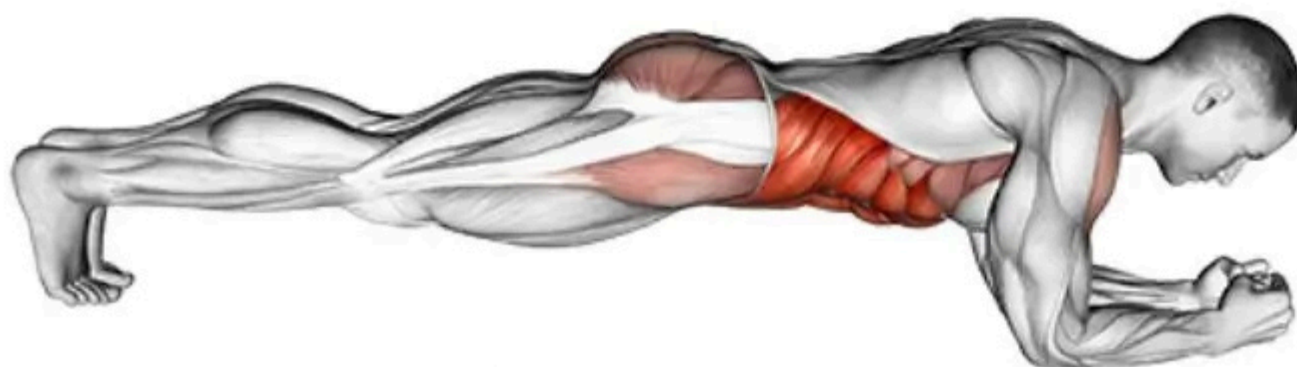
**PUSH-UP (3×12)**



**LAT PULLDOWN (3×10)**



**GLUTE BRIDGE (3×15)**



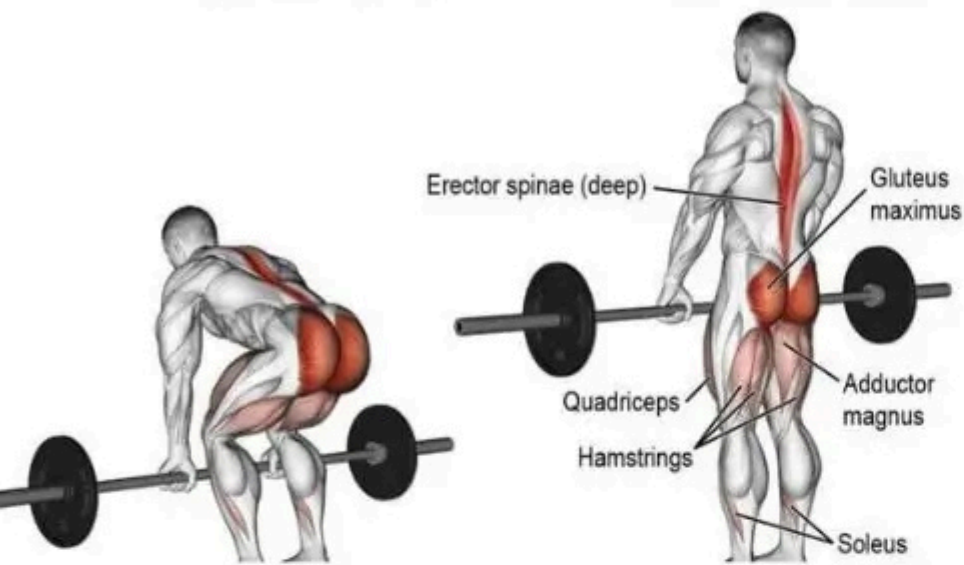
**PLANK (3×30S)**





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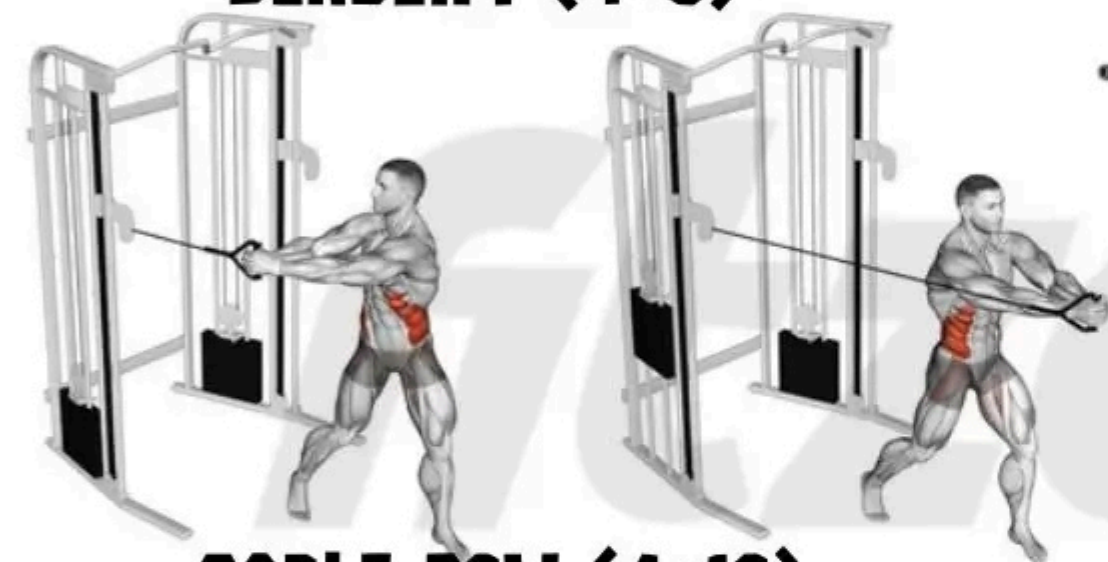
**Intermediate**



**DEADLIFT (4×8)**



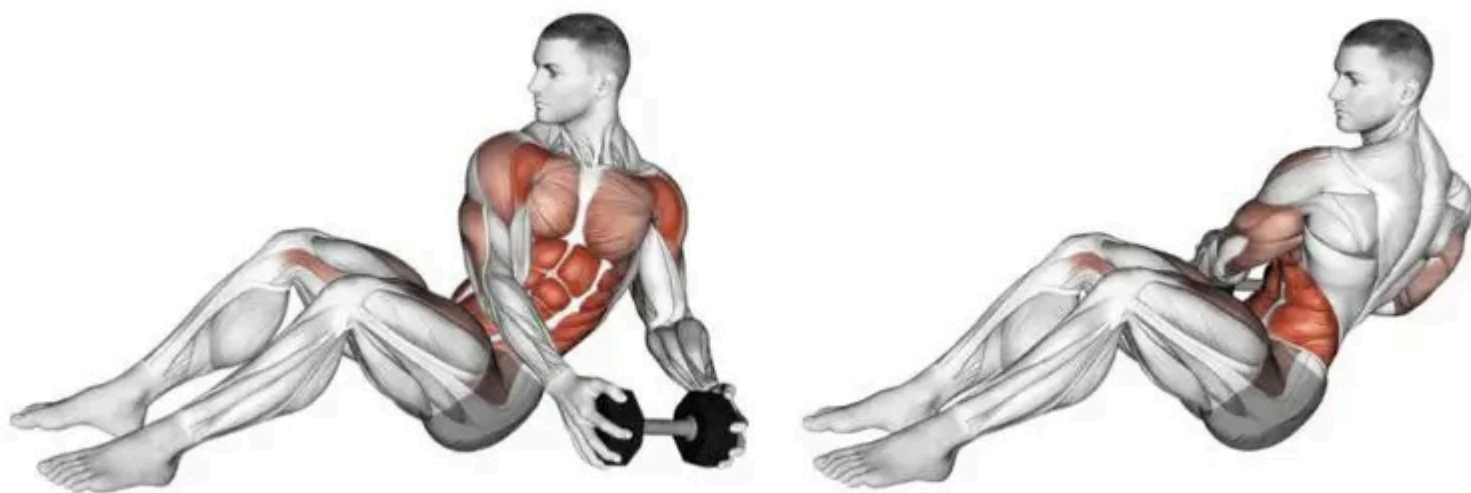
**BENCH PRESS (4×10)**



**CABLE ROW (4×10)**



**WALKING LUNGE  
(3×12 EACH LEG)**



**RUSSIAN TWIST (3×20)**

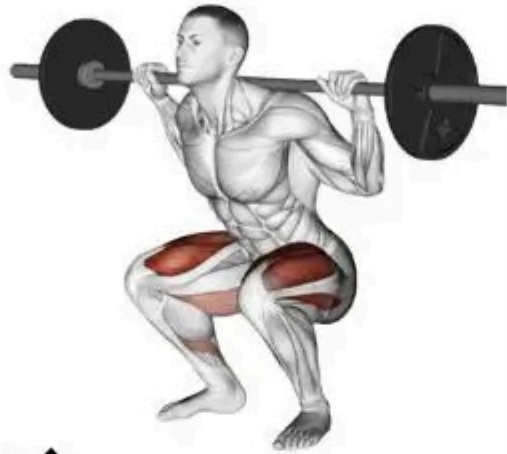


# ***SAMPLE FULL BODY GYM WORKOUT PROGRAMS***

**Strength Focus**



**SQUAT (5×5)**



**OVERHEAD PRESS (5×5)**



**PULL-UP (5×5)**



**HIP THRUST (4×8)**



**HANGING LEG RAISE (3×12)**

