

# SAMPLE FULL BODY GYM WORKOUT PROGRAMS

**Muscle Growth**



**LEG PRESS (4×12)**



**INCLINE DUMBBELL PRESS  
(4×12)**



**SEATED ROW (4×12),**

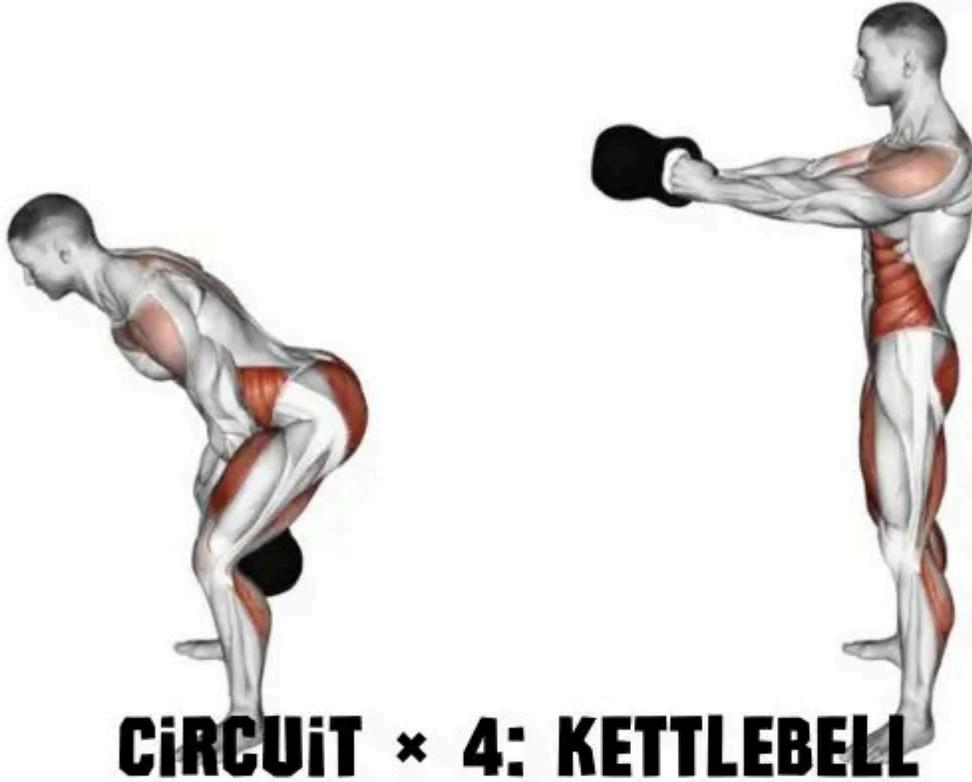


**BULGARIAN SPLIT SQUAT (3×10 EACH LEG)**



# SAMPLE FULL BODY GYM WORKOUT PROGRAMS

Fat Loss Circuit



**CIRCUIT \* 4: KETTLEBELL**

**SWING (15)**



**TRX ROW (12)**



**BOX JUMP (10)**



**BICYCLE CRUNCH (20)**



# SAMPLE FULL BODY GYM WORKOUT PROGRAMS

**Beginner**



**SQUAT (3×10)**



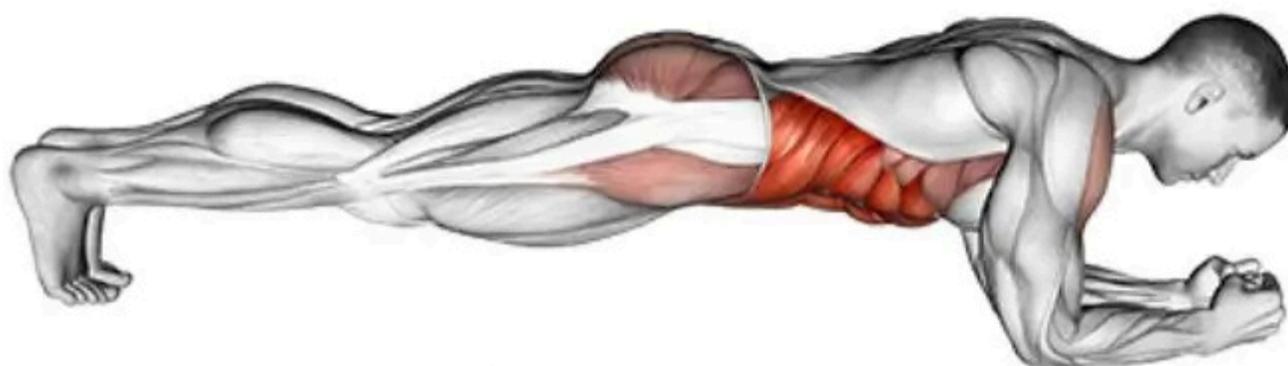
**PUSH-UP (3×12)**



**LAT PULLDOWN (3×10)**



**GLUTE BRIDGE (3×15)**

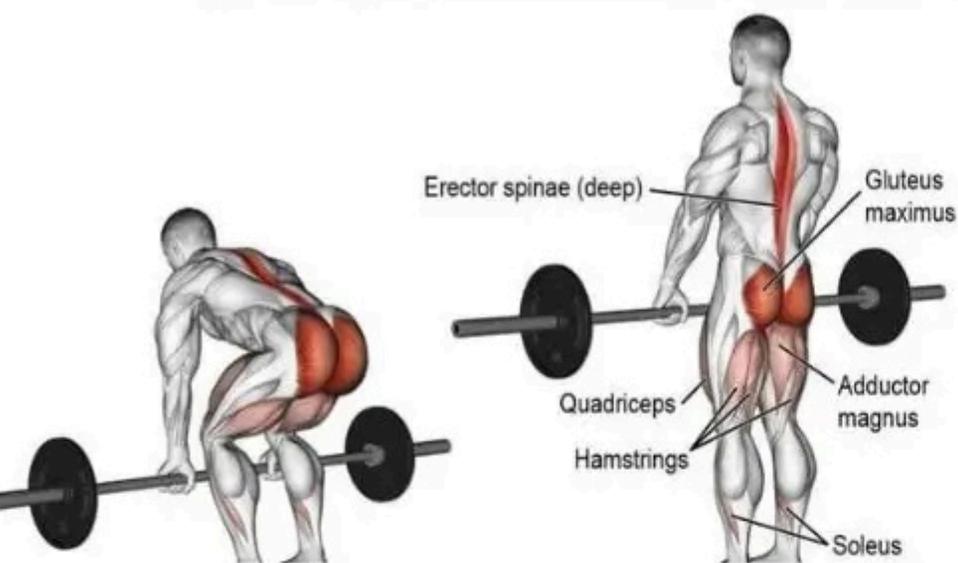


**PLANK (3×30S)**



# SAMPLE FULL BODY GYM WORKOUT PROGRAMS

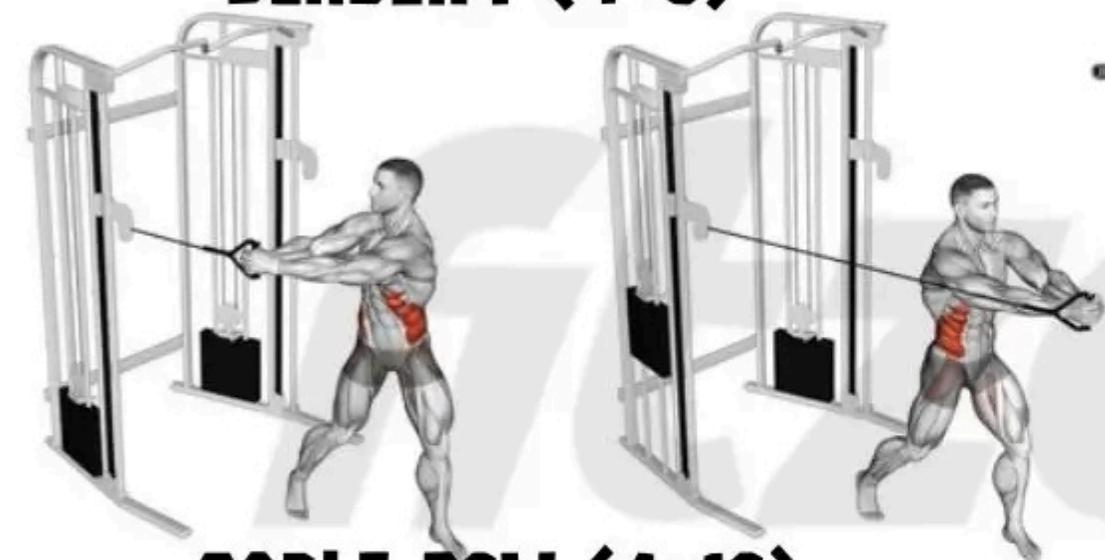
Intermediate



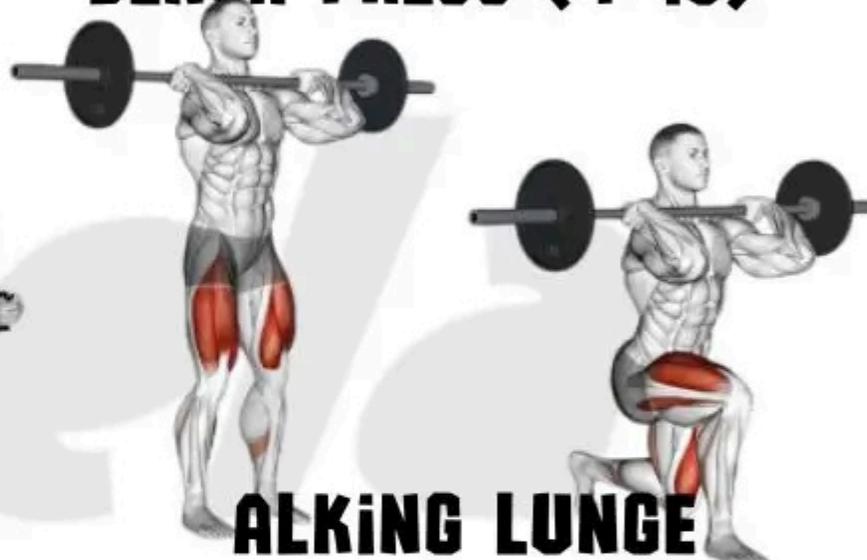
**DEADLIFT (4×8)**



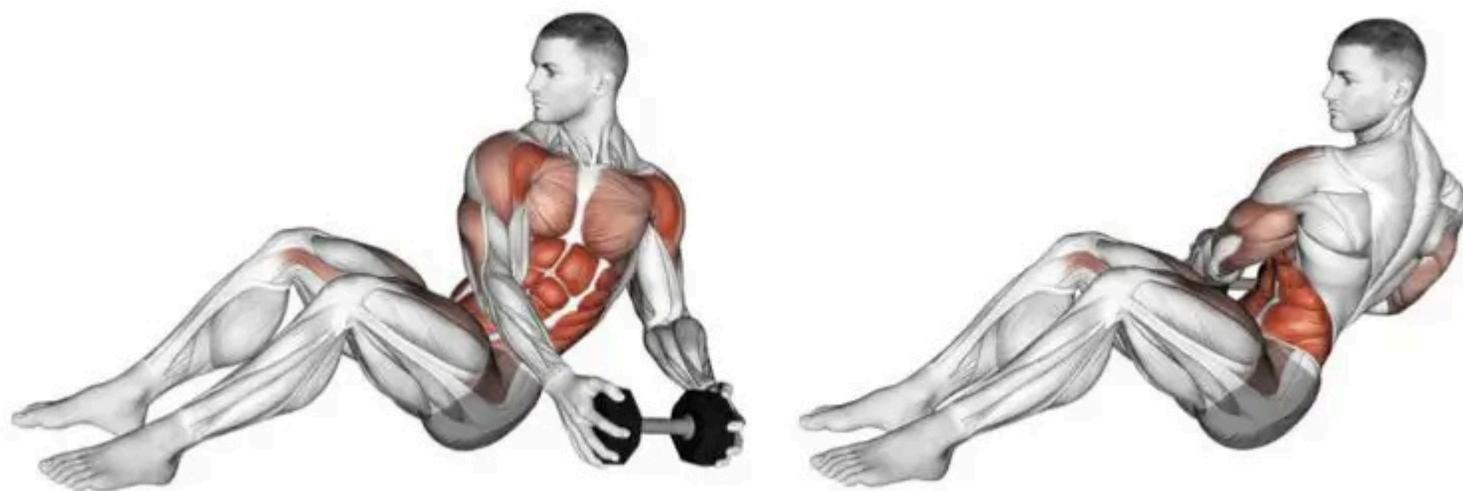
**BENCH PRESS (4×10)**



**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)**

