

Wednesday

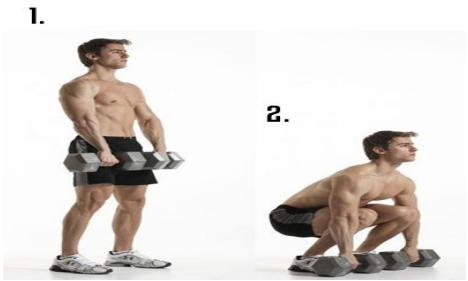
Morning Full body workout

Workout plan technique
4 rounds of each circuit
8 Reps each exercise
if you can lift more than 8 reps increase weight
Rest 90 seconds after workout

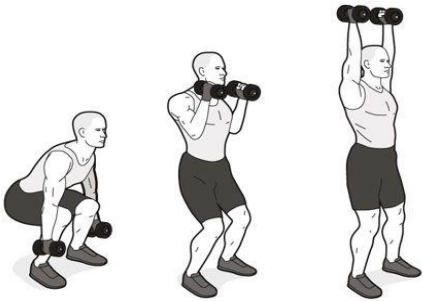
Weight 1 Weight 2 Weight 3

Circuit 1

Barbell Deadlift 8 Reps



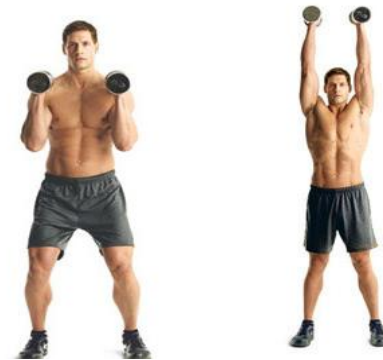
Clean and Press 8 Reps





Hang Snatch

8 Reps



Push Press

8 Reps

Circuit 2



Split Squats

Barbell Bench Press

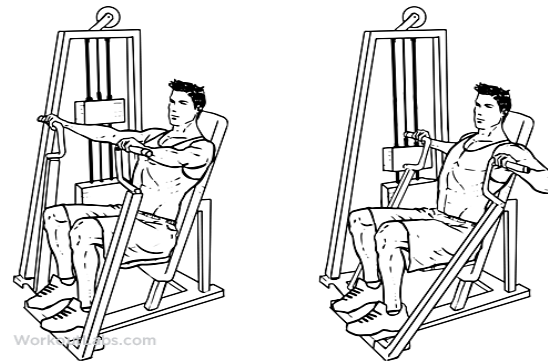


1.



2.

Barbell Deadlift



Chest Press

Finish with 2-3 Sets

6-8 Reps each exercise

Rest 60 seconds

Circuit 3

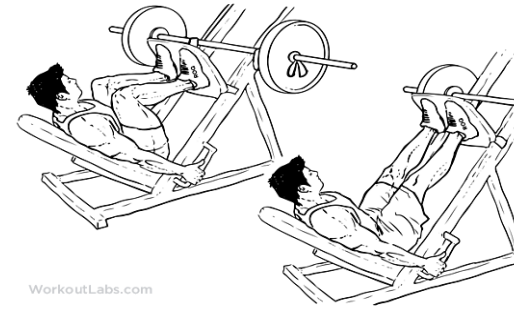


Cable Bicep Curls

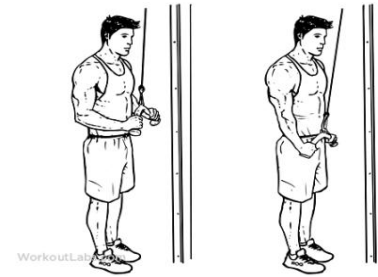


Seated Chest Press, change angle

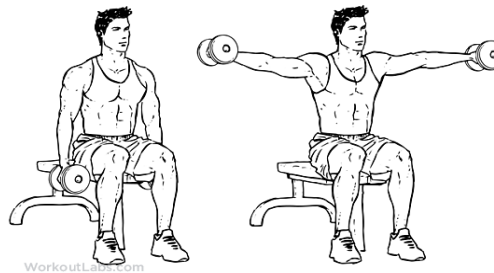




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Leg Press

Triceps Pushdowns

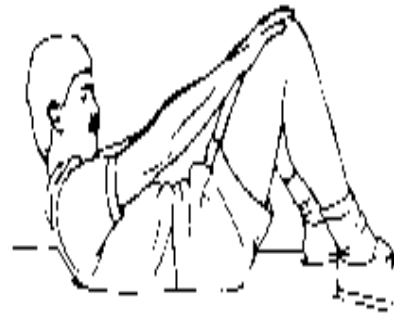
Seated Side Lateral Raise

P.M Workout
Cardio for 30min

Abs, Stretching, and Cardio

Stretching
Evening Home

3 Sets



Curl-Ups

15 Reps



Bicycle Crunches

15 Reps



Side Crunches

15 Reps

Hip Ups

15 Reps



Medicine Ball Twists

15 Reps



Weight 4