

BEGINNER FULL BODY WORKOUT

GOBLET SQUAT

3X12



KB DEADLIFT

3X12



FRONT PLANK

3X60 SEC



PULL UPS

3X10



DB SHOULDER PRESS

3X12



PUSHUPS

3X TILL FAILURE



SINGLE ARM DB ROW

3X12



RUSSIAN TWISTS

3X30 SEC



Basic Training A Fundamental Guide To Fitness For Men

RD Boyd



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