

Full Body Workout A

- **Bench Press** 3 sets x 5-8 reps
- **Reverse Grip Lat Pulldown** 3 sets x 10-15 reps
- **Squat** 3 sets x 5-8 reps
- **Leg Curl** 3 sets x 10-15 reps
- **Dumbbell Shoulder Press** 2 sets x 5-8 reps
- **Incline Curl** 2 sets x 10-15 reps
- **Triceps Pressdown** 2 sets x 10-15 reps

Full Body Workout B

- **Incline Dumbbell Press** 3 sets x 10-15 reps
- **Seated Cable Row** 3 sets x 8-12 reps
- **Leg Press** 3 sets x 10-15 reps
- **Romanian Deadlift** 3 sets x 10-15 reps
- **Lateral Raise** 2 sets x 15-20 reps
- **Dumbbell Hammer Curl** 2 sets x 10-15 reps
- **Overhead Triceps Extension** 2 sets x 10-15 reps

Full Body Workout C

- **Cable Crossover** 3 sets x 15-20 reps
- **Wide Grip Front Lat Pulldown** 3 sets x 8-12 reps
- **Leg Extension** 3 sets x 15-20 reps
- **Seated Leg Curl** 3 sets x 10-15 reps
- **Cable Face Pulls** 2 sets x 10-15 reps
- **Preacher Curl** 2 sets x 10-15 reps
- **Lying EZ Bar Extension** 2 sets x 10-15 reps