

# 5 day Full Body Workout

## Day 1 - Legs & Biceps

- 20-30 minutes cardio

### Legs

- Jump squats - 3 sets of 12 reps
- Romanian deadlift - 3 sets of 12 reps
- Side lunges - 3 sets of 12 reps
- Barbell squats - 3 sets of 12 reps
- Hip thrusts - 3 sets of 12 reps
- Dumbbell lying hip abduction - 3 sets of 12 reps

### Biceps

- Bicep curls - 3 sets of 12 reps
- Preacher curls - 3 sets of 12 reps

## Day 2 - Chest & Triceps

- 20-30 minutes cardio

### Chest

- Dumbbell floor press - 3 sets of 12 reps
- Incline dumbbell bench press - 3 sets of 12 reps
- Dumbbell chest fly - 3 sets of 12 reps
- Push-ups - 3 sets of 12 reps

### Triceps

- Triceps kickbacks - 3 sets of 12 reps
- Tricep dips - 3 sets of 12 reps
- Dumbbell overhead triceps extensions - 3 sets of 12 reps

## Day 3 - Back & Shoulders

- 20-30 minutes cardio @FITNESSCHAT.CO

### Back

- Barbell deadlifts - 3 sets of 12 reps
- Bent-over dumbbell rows - 3 sets of 12 reps
- Wide grip lat pull downs - 3 sets of 12 reps
- Back extensions - 3 sets of 12 reps

### Shoulders

- Shoulder press - 3 sets of 12 reps
- Dumbbell upright row - 3 sets of 12 reps
- Dumbbell lateral raises - 3 sets of 12 reps

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# Top Home Workout Full Tutorial For Students 2249

**Alfred Emanuel Smith, Francis Walton**

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