



TOTAL BODY

STAY ON TOP OF YOUR GAME.

3-4 SETS | 8-10 REPS

TOTAL BODY

- FLAT BENCH CHEST PRESS (DB OR BB)
- WEIGHTED WALKING LUNGES
- PLANK HOLD X 30 SEC.
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- BB SQUATS
- DB BENT OVER ROWS
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- DB CLEAN AND PRESS
- KB SUMO SQUAT TO UPRIGHT ROW
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- DB CURL TO PRESS
- DB SKULL CRUSHERS
- MOUNTAIN CLIMBERS X30 SEC.

DB: dumbbell / BB: barbell / KB: kettlebell

*each cluster of dots is to be done together as a superset/giant set

FOCUSED.



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