

START WITH LIGHT WEIGHTS (especially if you don't have a lot of lifting experience), form always comes before trying for a heavier weight

- Warmup
 - 15 reps each of:
 - Pushups
 - Air squats
 - Hanging leg raises
 - Lunges
- Legs
 - Back Squat 3x8
 - Deadlift 2x8
 - Clean Pull 2x4
 - Dumbbell Lunges 2x8 each side
- Upper Body
 - Running Arms w/ light dumbbell in each hand 2x30 sec
 - Dumbbell Bench 2x10
 - Lat pull-down 2x8
- 5-10 min ab routine