

# GYM RETRO



## FULL BODY PROGRAM

### EXERCISE

### -SETS -REPS

### RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK  
CLICK ON THE EXERCISE TO VIEW VIDEO

**CARDIO WARM UP**

**5-10 MINS**

**SMITH MACHINE SQUATS**

**30 REPS  
1 SET**

**SINGLE ARM D/B BENCH**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**BARBELL BENCH PRESS**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**DUMBBELL ROW**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**SEATED CABLE ROW**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**LEG CIRCUIT**

**3 X ROUNDS**

**- TRICEP PUSH DOWNS**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**- LYING HAMSTRING  
CURLS**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**- STANDING  
BICEP CURLS**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**

**- 45 DEGREE LEG PRESS**

**6 REPS - SLOW  
8 REPS - FAST  
10 REPS - FAST**



Adobe Acrobat Reader

**TEXT 0409 248 686 - FOR A SUPPORT CALL BACK**