

# 45 Minute Full-body Workout

45 Minute Full-body Workout								Chest	Back	Quads	Hamstrings	Shoulders	Biceps	Triceps	Calves	Abs/Core	
DAY	Exercise	Push/Pull	Upper/Lower	Sets	Reps	Lbs	Total Reps	Body Parts Exercised									
<b>Monday</b>																	
	Chest Press	Push	Upper	3	8		24	24				24		24			
	Overhead Shoulder Press	Push	Upper	3	8		24					24					
	A-Dumbbell Lunges	Push	Lower	3	10		30			30							
	A-Dumbbell Rows	Pull	Upper	3	8		24		24								
	B-Cable Pull-throughs	Pull	Lower	3	8		24				24						
	B-Cable Crunch	Pull	Core	3	8		24										24
<b>Wednesday</b>																	
	Squats	Push	Lower	3	8		24			24	24						
	A-Chin-ups or Pull-ups	Pull	Upper	3	8		24		24			24	24				
	A-Push-ups	Push	Upper	3	15		45	45				45	45	45			
	B-Leg Curls	Pull	Lower	3	8		24				24						
	B-Leg Raise	Pull	Core	3	8		24										24
	Planks (any type)	Push	Core	3	1		3										3
<b>Friday</b>																	
	Dumbbell Bench Press	Push	Upper	3	8		24	24				24	24	24			
	Lat Pull-downs	Pull	Upper	3	8		24		24								
	A-Leg Press	Push	Lower	3	8		24			24							
	A- Calf raises on the leg press	Push	Lower	3	8		24										24
	B-Bicep Curl	Pull	Upper	3	8		24						24				
	B-Skull Crushers	Push	Upper	3	8		24							24			
							<i>Total Reps</i>	93	72	78	72	141	117	117	24	51	