

SERIOUS FITNESS



Full Body Workout *By Daryn Melody*

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week 1		week 2	
	Jumping Jacks 1 x 10		Burpees (w/ or w/o jump at top 1x8)
	Push-ups or Wall Push-ups 1 x 8		Bent over DB rows 2 x 8
	Bent over DB rows 1 x 8		Bicycle crunches 2 x 8
	Lateral DB row 1 x 8		DB curls 2 x 8
	Bicycle crunches 1 x 8		Lateral DB raise 2x8
	Squats 1 x 8		Push-ups or Wall Push-ups 2 x 8
	Dumb Bell Curls 1 x 8		Squats 2 x 8

week 3		week 4	
	Jumping Jacks 2 x 12		Burpees (w or w/o jump) 2x10
	Squats 2 x 12		Bent over DB rows 3 x 10
	DB Curls 2 x 12		Alternating Knee ups 3 x 10
	Bent over DB rows 2 x 12		DB curls 3 x 10
	PU or Wall PU 2 x 12		Lateral DB raise 3 x 10
	Knee ups 2 x 12		Squats 3 x 10
	Lateral DB raise 2 x 12		Push ups /or wall PU 3 x 10