

Full Body just with Randomizer

Workout on Monday, June 12, 2023

Generated on stgym.club

Legs

3x

3/4 squats

12x

High Knees

30s

Jump Squats

10x

Single-leg lunge

10x

Wide squats

10x

Back

3x

Chin-up

10x

Dolphin Kicks

10x

Reverse Snow Angels

10x

Superman

10x

Swim

10x

Cardio

3x

Burpee	10x
Jumping lunges	10x
Knee lift	10x
Plank Jacks	10x

Block #4	1x
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Arnold press	10x
Benchpress (Barbell)	12x
Deadlift	10x
Face Pulls	10x
Kettlebell Swings	10x