

# **HEAVY METAL FULL BODY WORKOUT**

**LEG PRESS 3 X 8-12 REPS**

**INCLINE BENCH PRESS 3 X 8-12 REPS**

**CABLE ROW 3 X 8-12 REPS**

**ALTERNATING LATERAL RAISE/FRONT RAISE 3 X 10-14 REPS**

**STIFF LEG DUMBBELL DEADLIFT 3 X 8-12 REPS**

**BARBELL CURL 3 X 10-14 REPS**

**OVERHEAD DUMBBELL TRICEP EXTENSION 3 X 10-14 REPS**

**STANDING CALF RAISES 3 X 10-14 REPS**

**HANGING LEG RAISES 3 X 10-14 REPS**