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workout routine  
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## Full Body Strength Training Routine

Perform Workouts A, B, and C each week on a non-rotating schedule. You should rest at least one full day between each weight lifting routine and a full a full 1 ½ - 2 minutes between each exercise. All weight training exercises should be done as straight sets.

### Workout A

Weight Training Exercises	Sets x Reps
Barbell Squats	5 x 3-5
Incline Bench Press	5 x 3-5
Romanian Deadlift	5 x 3-5
Standing Calf Raises	2 x 10-12

### Workout B

Weight Training Exercises	Sets x Reps
Barbell Bench Press	5 x 3-5
Split Squats	5 x 3-5
Dumbbell Rows	5 x 3-5 Per Arm
Weighted Chin Ups	2 x 6-8
Weighted Tricep Dips	2 x 6-8

### Workout C

Weight Training Exercises	Sets x Reps
Barbell Deadlift	5 x 3-5
Barbell Military Press	5 x 3-5
Barbell Lunge	5 x 3-5 Per Leg
Weighted Pull Ups	2 x 6-8

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