

Full Body Workout for Men

Here's a great full body workout you can do at the gym. This workout is great for men who want to build muscles while burning fat simultaneously. Click on the name of the exercise to see a video demonstration of how to perform it correctly.

EXERCISE	REPS	SETS	REST (Seconds)
Dumbbell Squats	15	2	45
Leg Curls	15	2	45
Machine Flys	15	2	40
Seated Machine Back Rows	15	2	45
Dumbbell Curls	15	2	40
Tricep Kickbacks	15	2	30

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