

FREE 4 DAY FB GYM WORKOUT

www.sustainablelifehabits.com

Splits: 4 Full Body Days

Rep Range: 4 Sets of 10-12 reps

Rest: 60-90 seconds

Equipment: Set of dumbbells (adjustable or standard), weight bench and exercise band(s)

Focus: Form OVER Weight - Slow & Controlled Reps - Full Range of Motion

Notes: Weight x Reps x Sets

DAY 1 - FULL BODY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Bench Press				
Close Grip Cable Rows				
Cable Rear Delt Fly				
Machine Leg Curls				
Dips (Assisted if Necessary)				
Deadbug				
Notes				

DAY 2 - FULL BODY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Overhead Press				
Barbell Rows				
Machine Leg Extensions				
Upper Cable Fly				
EZ Bar Bicep Curls				
Mountain Climbers				
Notes				

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DAY 3 - FULL BODY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Back Squats				
Incline Dumbbell Press				
Lat Cable Pulldown				
Dumbbell Lateral Raises				
Rope Cable Tricep Extension				
Lower Leg Raises				
Notes				

DAY 4 - FULL BODY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Deadlifts				
Cable Upright Rows				
Lower Cable Chest Fly				
Machine Hip Thrusters				
Dumbbell Hammer Curls				
Hanging Knee Ups				
Notes				

DISCLAIMER: In following the above plan, I agree to any and all the following (but not limited to) terms and conditions. Consult with your physician and/or healthcare provider prior to following this exercises program or changing your diet. I understand that there is a risk of injury associated with participating and following the above workout plan. I hereby assume full responsibility for any and all injuries, losses and damages that I incur while following and participating in the workout program provided by Sustainable Life Habits (SLH). I here by waive all claims against SLH, its instructors, or partners of individual or otherwise, for any and all injuries, claims or damages that may incur.