

# FREE 3 DAY FB HOME WORKOUT

[www.sustainablelifehabits.com](http://www.sustainablelifehabits.com)

Splits: 3 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
Dumbbell Chest Press				
Bent Over Dumbbells Fly				
Band Pull Apart				
Banded Calf Raises				
Band Tricep Extensions				
Lower Leg Raises				
Notes				

## DAY 2 - FULL BODY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Dumbbell Military Press				
Individual Bent Over Band Rows				
Dumbbell Romanian Deadlifts				
Banded Push Ups ( <i>or Push Ups</i> )				
Alternating Dumbbell Curls				
Inclined Mountain Climbers				
Notes				

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## DAY 3 - FULL BODY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Dumbbell Single Leg Deadlifts				
Dumbbell Chest Fly				
Individual Dumbbells Rows				
Dumbbell Lateral Raises				
Bent Over Dumbbell Kickbacks				
Deadbug				
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.