

## 20 Min Lower + Upper Body Workout for the gym - Full-body

Perform as many rounds a possible in 10 minutes

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
Barbell Squats	(Medium) 65-95	12
Bench Step-ups (high bench if poss.)	(Heavy) Hold 15-25 lbs DBs	6 ea leg
Bench Jumps	N/A	12

Finish up with 1 single minute of Squat Jumps

Perform as many rounds a possible in 10 minutes

<b>Exercise</b>	<b>Weight/dumbbell</b>	<b>Reps</b>
Pull-ups (assisted is fine)	Heavy	8
Bent-over DB Row	Medium	12
Close-grip Pushups (knees are fine)*	N/A	6
Regular Pushups (knees are fine)*	N/A	12

\*Just be sure to go all the way down, ideally touching your chest to floor