

**SAVAGE**



**FULL-BODY WORKOUT**

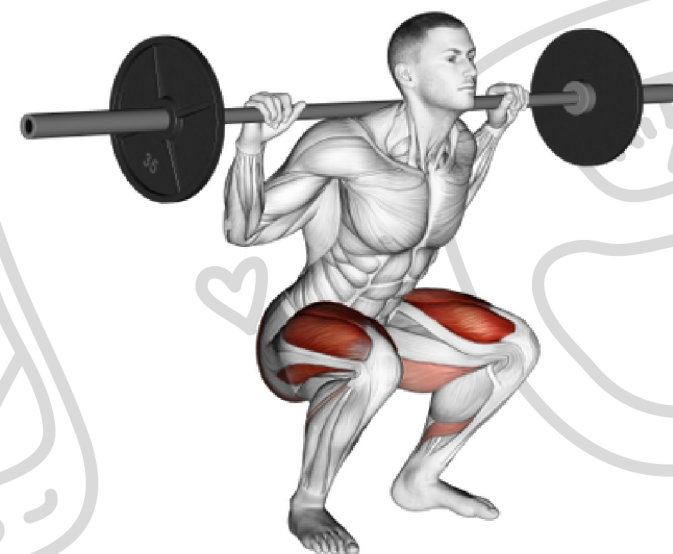
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## WARM-UP:

- 5-10 MINUTES OF LIGHT CARDIO (JUMPING JACKS, JOGGING IN PLACE, ETC.)
- DYNAMIC STRETCHES FOR MAJOR MUSCLE GROUPS (LEG SWINGS, ARM CIRCLES, TORSO TWISTS)

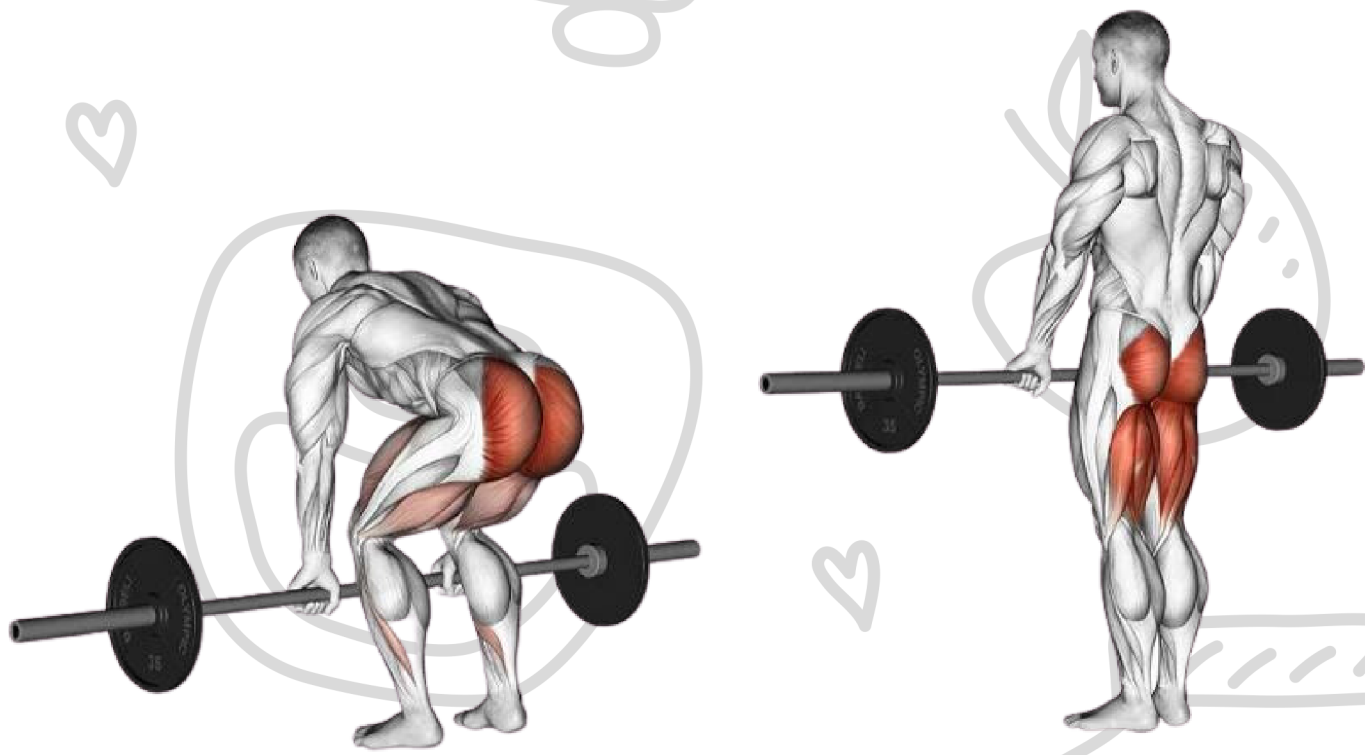
## 1. SQUATS:

- MUSCLES WORKED: QUADRICEPS, HAMSTRINGS, GLUTES, LOWER BACK, CORE.
- REPS: 4 SETS OF 8-10 REPS.



## 2. DEADLIFTS:

- MUSCLES WORKED: HAMSTRINGS, GLUTES, LOWER BACK, UPPER BACK.
- REPS: 4 SETS OF 8-10 REPS.



## 3. BENCH PRESS:

- MUSCLES WORKED: CHEST, SHOULDERS, TRICEPS.
- REPS: 4 SETS OF 8-10 REPS.





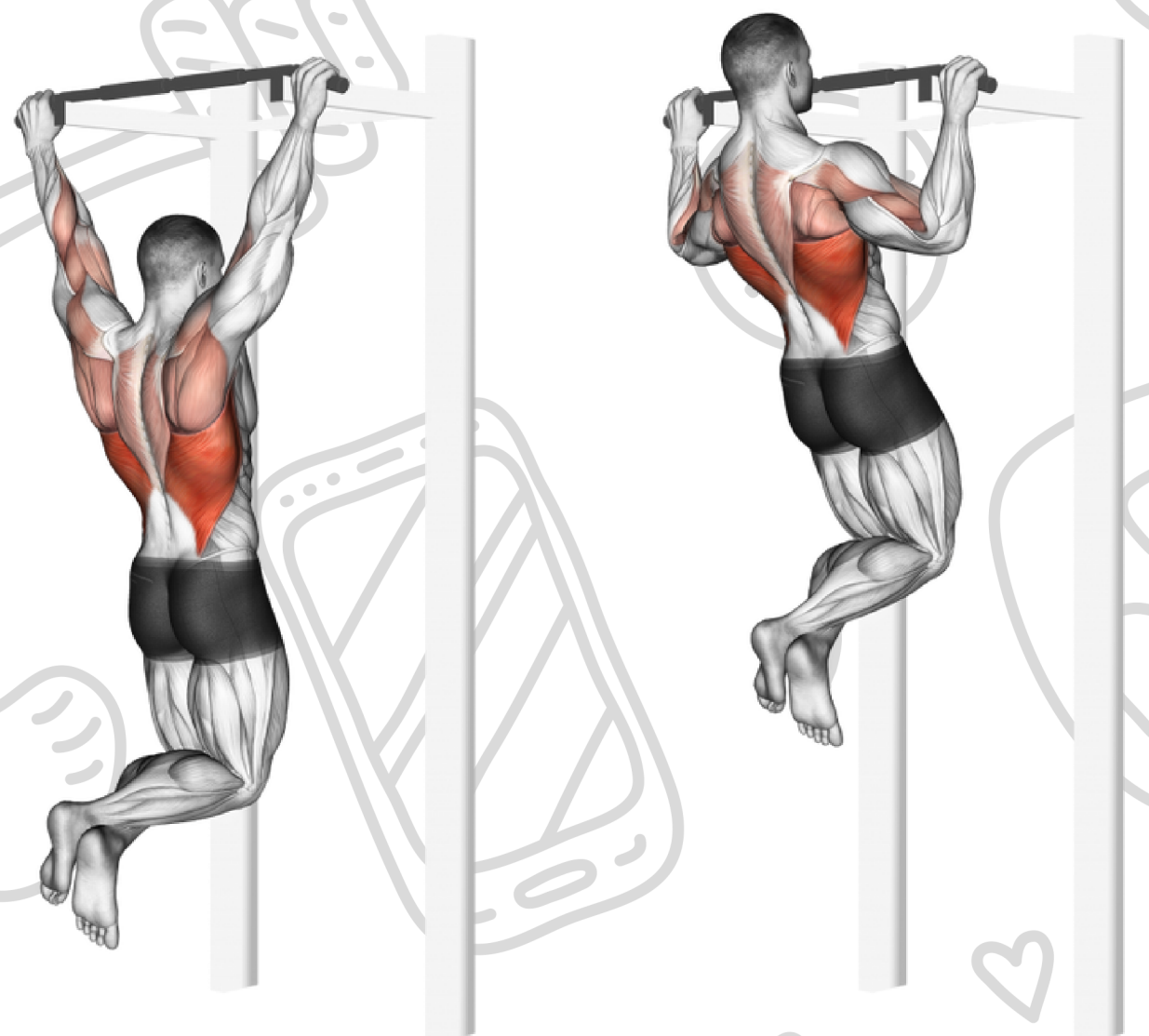
## 4. OVERHEAD PRESS:

- **MUSCLES WORKED:** SHOULDERS, TRICEPS, UPPER BACK.
- **REPS:** 4 SETS OF 8-10 REPS.



## 5. PULL-UPS:

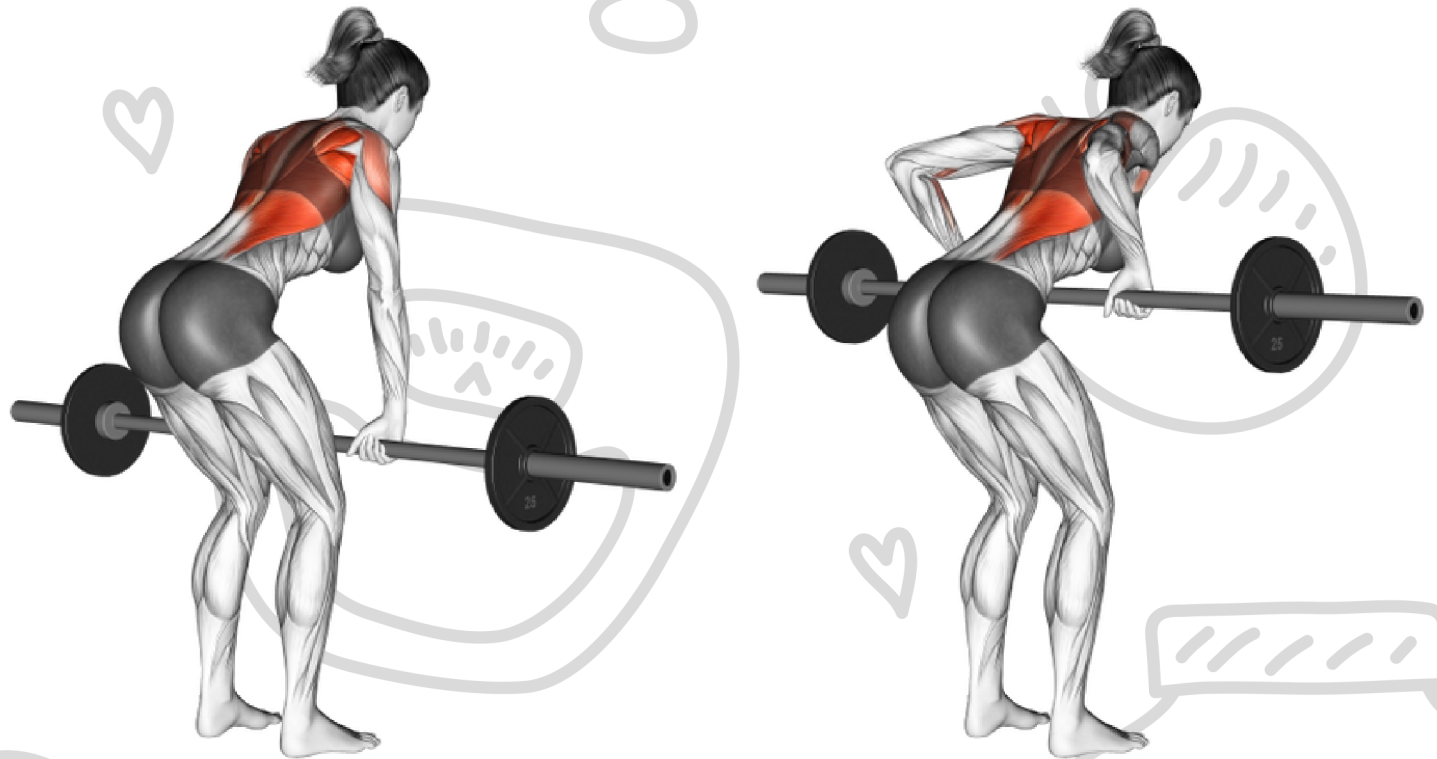
- **MUSCLES WORKED:** BACK, BICEPS.
- **REPS:** 3 SETS TO FAILURE.





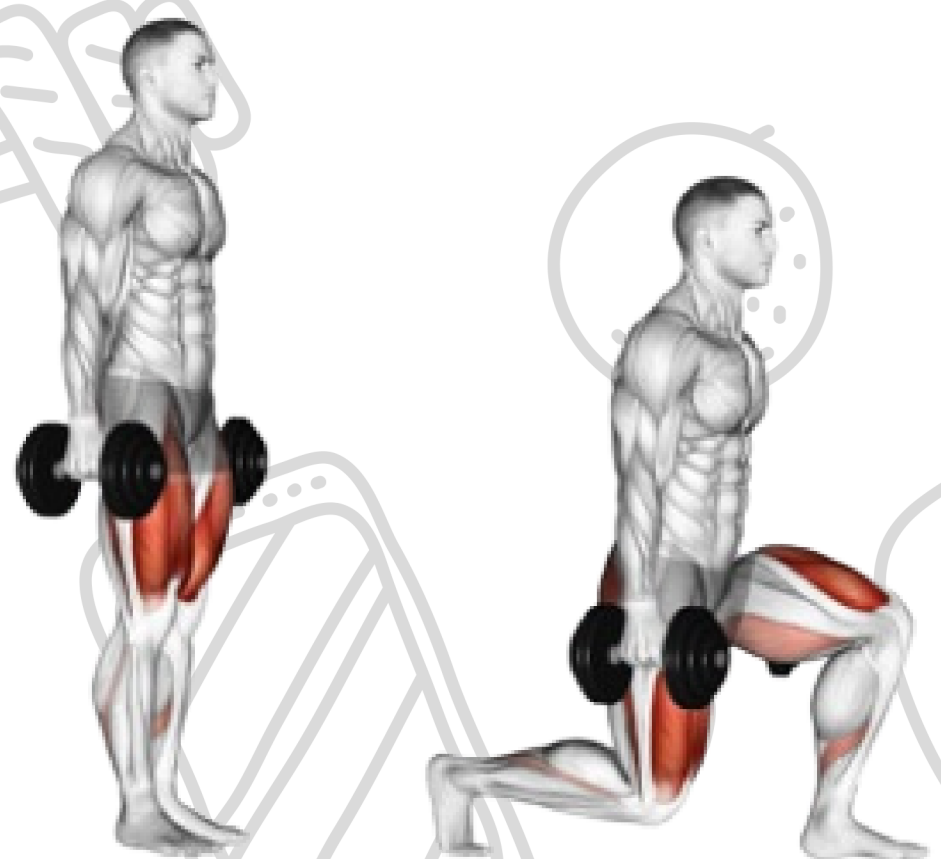
## 6. BENT-OVER ROWS:

- MUSCLES WORKED: UPPER BACK, LATS, BICEPS.
- REPS: 4 SETS OF 10-12 REPS.



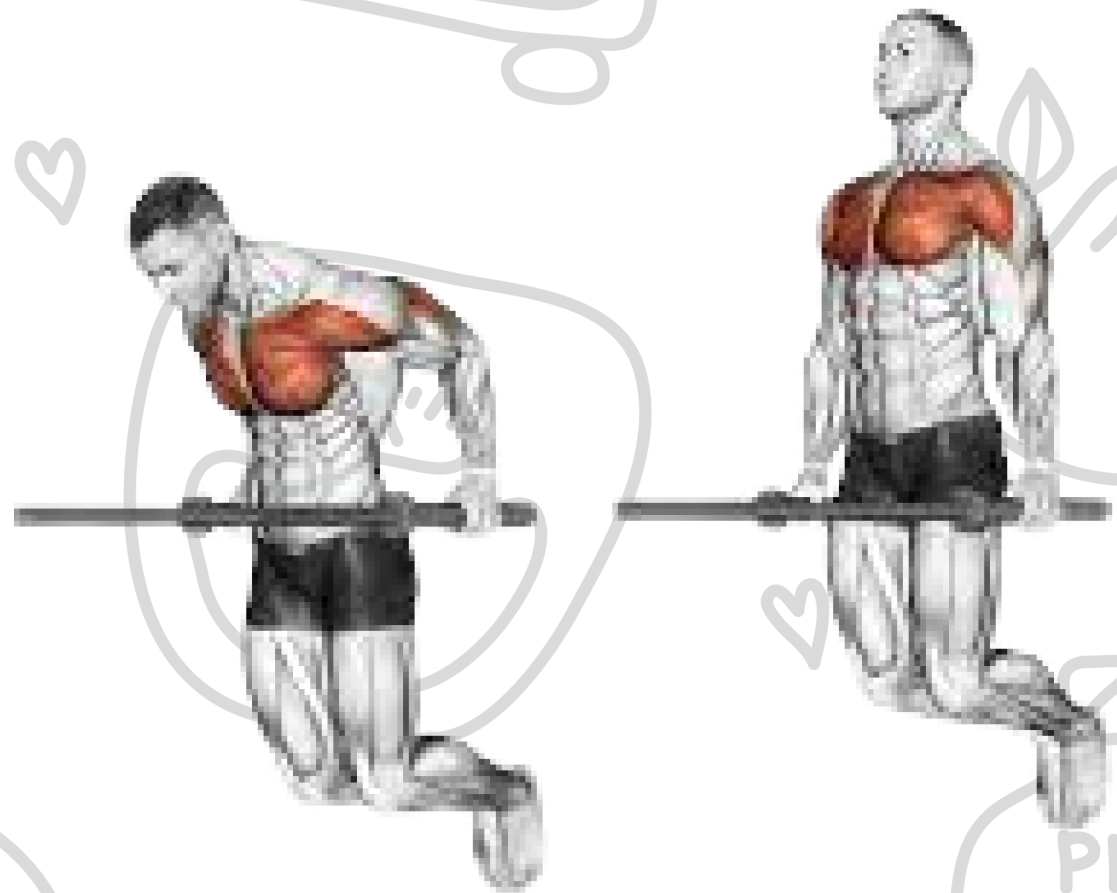
## 7. LUNGES:

- MUSCLES WORKED: QUADRICEPS, HAMSTRINGS, GLUTES, CALVES.
- REPS: 3 SETS OF 12 REPS PER LEG.



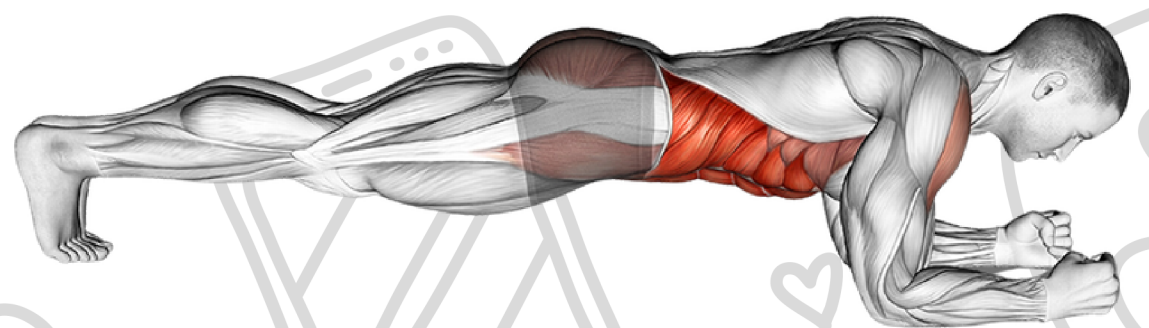
## 8. DIPS:

- **MUSCLES WORKED:**  
CHEST, TRICEPS,  
SHOULDERS.
- **REPS: 3 SETS OF 12  
REPS.**



## 9. PLANKS:

- **MUSCLES WORKED:**  
CORE.
- **HOLD FOR 60  
SECONDS, REST,  
REPEAT FOR 3 SETS.**



## 10. RUSSIAN TWISTS:

- MUSCLES WORKED: OBLIQUES, CORE.
- REPS: 3 SETS OF 20 TWISTS (10 EACH SIDE).



## COOL-DOWN:

- 5-10 MINUTES OF LIGHT CARDIO (WALKING, CYCLING).
- STATIC STRETCHING FOR MAJOR MUSCLE GROUPS (HAMSTRINGS, QUADRICEPS, CHEST, SHOULDERS, BACK).