

HEAVY FULL BODY DAY

Short on time and want to burn a sh***-ton of calories? OK. Let's do it.

5x8 Deficit deadlift

5x8 single standing OH press (8 each)

4x10 hip thrust

4x10 incline arnold press

3x12 lying leg curl

3x12 cable face pull

2x15 back extension

2x15 leg raises (holding plate)