

# Dead Lift Workout #1

## Super Set 1

SET	EST. TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	60s	Dead Lift	5 - 8	Heavy	Quads, Hams, Low Back
2	60s	Rest			
3	60s	Weighted Shoulder Press	12	Med	Shoulders
4	60s	Rest			
<b>REPEAT ALL SETS</b>			<b>4x</b>		
<b>SUPER SET TOTAL TIME</b>			<b>16 Min</b>		

# Dead Lift Workout #1 (cont...)

## Super Set 2

SET	EST. TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	60s	Good Mornings	12	Light/Med	Hamstrings, Low Back
2	60s	Rest			
3	60s	KB Swings	12-16	Med	Hamstrings, Low Back, Hip Power
4	60s	Rest			
<b>REPEAT ALL SETS</b>			<b>3x</b>		
<b>SUPER SET TOTAL TIME</b>			<b>12 Min</b>		