

SOMOFIT

OPEN GYM • FULL BODY BENCHMARK

Stay at the same weight until you reach the top of the rep range with 2–3 RIR, then increase weight slightly.

WARM-UP	Sets	Reps	W1	W2	W3	W4
Treadmill	1	5 min				
Wall Scap Slides	1	10				
Bird Dogs	1	8–10/side				
World's Greatest Stretch	1	5/side				

SUPERSET A	Sets	Reps	W1	W2	W3	W4
Leg Press	3	8–12				
Incline Push-Up	3	8–12				

SUPERSET B	Sets	Reps	W1	W2	W3	W4
Hip Thrust	3	8–12				
Lat Pulldown	3	8–12				

SUPERSET C	Sets	Reps	W1	W2	W3	W4
Farmer Carry	2	30–45s				
Cable Curl	2	12–15				
Tricep Pushdown	2	12–15				

COOL DOWN	Sets	Reps	W1	W2	W3	W4
Standing Chest Stretch	1	30s/side				
Runner's Lunge	1	30s/side				
Thread-the-Needle	1	30s/side				
Figure-4 Stretch	1	30s/side				