



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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FULL BODY SHOCK: AN INTENSE FULL BODY WORKOUT

Shock your muscles with this full body workout! Each muscle is targeted with 2 exercises that train a different function of the muscle for optimal gains!

Link to Workout: <https://www.muscleandstrength.com/workouts/full-body-shock-workout>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 3 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Cables, Dumbbells, Machines
Author: Roger "Rock" Lockridge

Workout A

Exercise	Sets	Reps
Lateral Raise	3	20, 15, 10
Arnold Press	3	20, 15, 10
Neutral Grip Lat Pull Down	3	20, 15, 10
T - Bar Row	3	20, 15, 10
Incline Dumbbell Press	3	20, 15, 10
Cable Crossover	3	20, 15, 10
Barbell Curl	3	20, 15, 10
Hammer Curl	3	20, 15, 10
Two Arm Overhead Extension	3	20, 15, 10
Rope Pushdown	3	20, 15, 10
Crunches	3	20
Hyperextensions	3	20
Leg Press	3	20, 15, 10
Leg Extension	3	20, 15, 10
Stiff Legged Deadlift	3	20, 15, 10
Leg Curl	3	20, 15, 10
Standing Calf Raise	3	20
Seated Calf Raise	3	20

Roger recommends that you start of with Workout A for 4 weeks and progress to Workout B for another 4 weeks. Keep rest to a minimum.



Workout B

Exercise	Sets	Reps
Superset		
Lateral Raise	3	12
Arnold Press	3	12
Superset		
Neutral Grip Lat Pull Down	3	12
T - Bar Row	3	12
Superset		
Incline Dumbbell Press	3	12
Cable Crossover	3	12
Superset		
Barbell Curl	3	15
Hammer Curl	3	15
Superset		
Two Arm Overhead Extension	3	15
Rope Pushdown	3	15
Superset		
Crunches	3	20
Hyperextensions	3	20
Superset		
Leg Press	3	15
Leg Extension	3	15
Superset		
Stiff Legged Deadlift	3	15
Leg Curl	3	15
Superset		
Standing Calf Raise	3	20
Seated Calf Raise	3	20

Roger recommends that you start of with Workout A for 4 weeks and progress to Workout B for another 4 weeks. Keep rest to a minimum.