

# Full-Body Workout Program

**By: Coach Mike Cruz, MS, CSCS**

## **In This Program You Will Find:**

**2 Workout Days per Week  
An Optional Third Workout Day  
Program is Based off Foundational Compound Movements  
Accessory Exercises to Compliment Compound Movements**

## **What You Will Need:**

**Access to a Gym**

## **Who is This For:**

**This Program is intended for the intermediate lifter.  
Those who have some experience in the gym but can be used by  
those who are more advanced.**  
*If you are a beginner it is best to work with a coach before performing any  
workout program on your own.*

## **Length of Program:**

**The Program is Best Designed to run for 3-5 weeks  
Workout 1 & 2 Typically last about 60-80 minutes  
Optional Workout 3 lasts about 30-45 minutes**

## **Where To Find Coach Mike Cruz**

<b>Instagram:</b>	<b>@coachmcruz</b>
<b>Twitter:</b>	<b>@CoachMCruz</b>
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# Workout Days

Allow at least 2 days in between Workout 1 & 2.

If doing 3 Workout days per week then 1 day in between Workout Days is okay (Ex: Monday, Wednesday, Friday)

## Workout 1

Exercise	Sets	Reps	Rest
1. Barbell Squat	4	5	90-120 sec.
2. Barbell Row	4	5	60-90 sec.
3. Barbell Shoulder Press	4	5	60-90 sec.
4A. Dumbbell Incline Bench Press	3	8	-/-
4B. Dumbbell Romanian Deadlift	3	8	60 sec.
5. Lat Pulldowns	3	10	30-60 sec.
6. Cable Tricep Extensions	3	10	30-60 sec.
7. Reverse Crunches	4	10-15	30-60 sec.

## Workout 2

Exercise	Sets	Reps	Rest
1. Deadlift	4	5	90-120 sec.
2. Bench Press	4	5	60-90 sec.
3. Pullups	4	5-10	60-90 sec.
4A. Single Arm Dumbbell Row	3	8	-/-
4B. Dumbbell Shoulder Press	3	8	60 sec.
5. Goblet Squat	3	10	30-60 sec.
6. Cable Bicep Curls	3	10	30-60 sec.
7. Hanging Leg Raises	4	6-12	30-60 sec.

## Workout 3 (Optional)

Exercise	Sets	Reps	Rest
<b>1A. Walking Lunges</b>	<b>3</b>	<b>10</b>	<b>-/-</b>
<b>1B. Floor Bridges</b>	<b>3</b>	<b>10</b>	<b>-/-</b>
<b>1C. Standing Calf Raises</b>	<b>3</b>	<b>10</b>	<b>60 sec.</b>
<b>2A. Seated Cable Rows</b>	<b>3</b>	<b>10-15</b>	<b>-/-</b>
<b>2B. Pushups</b>	<b>3</b>	<b>AMRAP</b>	<b>60 sec.</b>
<b>3A. Dumbbell Lateral Raises</b>	<b>3</b>	<b>10</b>	<b>-/-</b>
<b>3B. Dumbbell Bicep Curls</b>	<b>3</b>	<b>10</b>	<b>-/-</b>
<b>3C. Planks</b>	<b>3</b>	<b>45-60 s.</b>	<b>60 sec.</b>

## Disclaimer

I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in vigorous physical activity including but not limited to: resistance training, body weight calisthenics, cardiovascular training, jumping, running, stretching etc.

I fully understand that I may injure myself as a result of my enrollment and subsequent participation in any program that Michael Cruz, MS, CSCS may recommend and I, hereby release Michael Cruz, MS, CSCS and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death.