

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

QUICK FULL-BODY WORKOUT PLAN



HERE IS THE WORKOUT PLAN WITH TWO REST DAYS IN BETWEEN FOR WOMEN:

Day 1

- ✓ Deadlift: Warm up and 3 sets of 4 to 6 reps if an experienced weightlifter, 8 to 10 reps if new (~75% of 1RM)
- ✓ Hip Thrust: 3 sets of 4 to 6/8 to 10 reps
- ✓ Bench Press: Warm up and 2 sets of 4 to 6/8 to 10 reps
- ✓ Barbell Row: 2 sets of 4 to 6/8 to 10 reps
- ✓ Military Press: 2 sets of 4 to 6/8 to 10 reps

Day 4

- ✓ Squat: Warm up and 3 sets of 4-6 reps
- ✓ Front Squat: 3 sets of 4-6 reps
- ✓ Romanian Deadlift: 3 sets of 4-6 reps
- ✓ Hip Thrust: 3 sets of 4 to 6/8 to 10 reps

HERE IS THE WORKOUT PLAN WITH TWO REST DAYS IN BETWEEN FOR MEN:

DAY 1

- ✓ Deadlift: Warm up and 3 sets of 4 to 6 reps (~85% of 1RM)
- ✓ Bench Press: Warm up and 3 sets of 4 to 6 reps
- ✓ Barbell Row: 3 sets of 4 to 6 reps
- ✓ Military Press: 3 sets of 4 to 6 reps

Day 4

- ✓ Squat: Warm up and 3 sets of 4 to 6 reps

✓ Front Squat: 3 sets of 4 to 6 reps

✓ Romanian Deadlift: 3 sets of 4 to 6 reps

Bench Press: Warm up and 3 sets of 4 to 6 reps

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