

## 6 Week Full Body Weight Training Workout Plan

Weeks 1-3	Exercise	Sets
<b>Weeks 1-3</b>		
Full Body Workout 1	Bench Press	4x10
	Single Row	4x10
	Squat	4x10
	Bicycle Crunches	3x20
Full Body Workout 2	Shoulder Press	4x10
	Dips	4x10
	Deadlift	4x8
	Split Squat	4x10
Full Body Workout 3	Pulldown	4x10
	Snatch	4x8
	Push Up	3x20
	Lunges	4x10
<b>Week 4-6</b>		
Full Body Workout 1	Bench Press	4x8
	Pull Up	4x8
	Squat	4x8
	Farmer Walks	4x4
Full Body Workout 2	Dips	4x12
	Push Up	4x20
	Bent Row	4x8
	Deadlift	4x8
Full Body Workout 3	Arnold Press	4x8
	Clean & Jerk	5x5
	Sled Push/Pull	4x4
	TRX Row	4x8

For help follow the links below:

<https://www.exercise.co.uk/learn/6-week-beginners-dumbbell-workout-plan/>