

# Leroy Colbert's Full Body Blitz Routine

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Bench Press	10	8
Bent Arm Lateral Raises	10	8
Lat Pull Down	10	8
Behind Neck Pull Ups	10	8
Behind Neck Sitting Press	10	8
Standing Lateral Raises	10	8
Alternate Curl	10	8
Sitting Barbell Curl	10	8
Bent Arm Pullover	10	8
Squat	6	12