

The George Eiferman Full Body Workout

Exercise	Sets	Reps
Hack Squat	3	7-10
Bench Press	3	7-10
Dumbbell Flys	3	7-10
Lateral Raises	3	7-10
Alternate Dumbbell Press	3	7-10
Single Arm Row (Cheat)	3	7-10
Barbell Curl (Cheat)	3	7-10
Dumbbell Concentration Curl	3	7-10
Dumbbell Wrist Curl	3	7-10
Dumbbell Side Bends	3	7-10
Sit Ups	3	8-12