

# TOTAL-BODY DYNAMIC TENSION WORKOUT

*Do 2 to 3 sets of 8 to 12 repetitions to failure at 50 to 80 percent of maximum strength (1-RM), three times a week if you want to build muscle mass and strength. This method is safe, effective and fast.*

EXERCISE	SETS	REPS
<b>SUPERSET 1</b>		
FRONT SQUATS	2-3	8-12
BACK SQUATS	2-3	8-12
<i>REST 1 MINUTE AFTER BACK SQUATS, THEN REPEAT</i>		
<b>SUPERSET 2</b>		
ONE-ARM DUMBBELL ROW	2-3	8-12
BARBELL BENCH PRESS	2-3	8-12
<i>REST 1 MINUTE AFTER BENCH PRESSES, THEN REPEAT</i>		
<b>SUPERSET 3</b>		
LEG EXTENSIONS	2-3	8-12
LYING LEG CURLS	2-3	8-12
<i>REST 1 MINUTE AFTER LYING LEG CURLS, THEN REPEAT</i>		
<b>SUPERSET 4</b>		
SEATED DUMBBELL SHOULDER PRESS	2-3	8-12
SEATED LATERAL RAISE	2-3	8-12
<i>REST 1 MINUTE AFTER SEATED LATERALS, THEN REPEAT</i>		
<b>SUPERSET 5</b>		
PREACHER CURLS	2-3	8-12
LYING TRICEPS EXTENSIONS	2-3	8-12