



Daniel Craig Workout Routine

Exercise	Set 1	Set 2	Set 3	Set 4
Stength Training Routine				
The Clean and Jerk				
Squats				
Bench Press with Babell				
Pull Ups/Chin Ups				
Dips				
Bicep Curls				
Dumbbell Lateral Lunges				
Ab Routine				
Crunches				
Crunches Legs Raised				
Ab Leg Raises				
Cardio Routine				
1000m Row				

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)