

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Warm-up + stretch + glute activation

Superset 4x12:

RDL

Goblet squat + pulse

4x8 BB Reverse lunge

4x8 BB Bulgarian Split Squat

Superset 3x12:

Smiths Sumo Squat

Calf raise

Superset 3x15:

Hip thrust

BW hip thrust

30s on / 30s off 3x:

BW jump squat -> slam ball jump squat

PUSH

Warm-up + stretch + mobility work

2x15 DB chest press (high volume)

4x6-8 Bench press

4x10 Incline fly

4x8 Seated shoulder press

4x10 leaning single lateral raise (each)

3x15 tricep pushdown (high volume)

Triset 2x10:

Narrow push-up

Wide push-up

Bench/box dips

PULL

Warm-up + stretch + mobility

3x12 single arm lat pull in (each) (high volume warm-up)

2x8 wide grip lat pulldown

2x8 reverse grip pulldown

4x8 DB row (each)

2x15 incline seated bicep curl (high volume)

Superset 3x10

Cable face pull

Cable rear delt fly (each)

3x10 straight arm pulldown

Glutes

Warm-up + stretch + glute activation

Loaded Bar Circuit 4x15:

Hip thrust (moderate to heavy weight)

Sumo deadlift (moderate to heavy weight)

Romanian deadlift (light)

Frog pump (light)

Reverse frog pump (light)

Shoulders & Abs

Warm-up + stretch + mobility work

4x6-8 BB OH press

4x10 Seated lateral raise

Superset 3x15 (high volume)

Seated alt DB OH press (isometric hold at top)

Loaded bar upright row

4x12 Cable front raise

3x10 Cable rear delt fly (each)

Ab Finisher 3x10:

(with light DBs)

Weighted sit ups + OH press

Slow russian twist

Hold boat: peck deck + OH press

Side plank + lateral raises

Hold plank 30s

HELPFUL TERMS & ABBREVIATIONS

- 4x10 = 4 by 10 = 4 sets of 10 reps. (for example)
- 4x6-8 = 4 by 6 to 8 = 4 sets of between 6 & 8 reps (a rep range, goal is 8)
- Superset = 2 exercises performed back to back with no rest in between
- Tri-set = 3 exercises performed back to back with no rest in between
- Dropset = decreasing # of reps per set performed, usually while increasing weight. (Some people use this term for the reverse...this is how I mean it)
- EMOM = every minute on the minute (complete set, rest of min is rest)
- AMRAP = as many rounds as possible OR as many reps as possible
- To/for fail = until I cannot complete anymore reps
- For time = in as little time as possible
- High volume = lower weight, higher rep range, usually performed at a faster pace with shorter rest periods
- Banded = with resistance band (usually a mini band around my lower thighs)
- BB = barbell (free weight)
- DB = dumbbell
- KB = kettlebell
- Loaded bar = pre-loaded barbell
- Plate = a free weight plate
- BW = body weight
- OH = overhead
- Alt = alternating
- SL = straight leg