

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Warmup + stretch + activation

Superset 3x15:

Froggy leg lift

Banded abductions

5x8 BB Sumo deadlift

5x8 BB Back squats

5x8 BB Hip thrust

Superset 4x:

Tire flips down & back

15 ball squat slams

Burnout 2x1min:

Wall sit + abductions

Wall sit + adductions

PUSH

Warm-up + stretch + mobility work

4x10 incline DB chest press

4x10 incline flys

Superset 4x10:

Neutral grip press

Seated front raise

Superset 3x10:

Plate press away

Plate upright rows

Superset 4x8:

Lateral raise slow negative

Rear delt raise

Superset 3x8:

Push-up

Wide push-up

PULL

Warmup + stretch

4x8 seated row

Superset 4x12

Single arm lat pulldown R

Single arm lat pulldown L

4x8 Deadlift to row

Superset 4x8

Cable reverse fly R

Cable reverse fly L

Superset 3x15

Cable face pull

Cable bicep curl

Superset 3x15

TRX rows

TRX pikes

Glutes

Warmup + stretch + activation

Superset 4x10

DB Goblet squat butt-to-bench

DB Split squat

5x5 BB Pause squat

4x8 BB RDL

5x5 BB Hip thrust

8 min AMRAP:

12 KB crab walks (band)

12 KB swings

12 KB single leg RDL (6 each)

12 KB plie squat + calf raise

Shoulders & Abs

4x6-8 BB overhead press

3x16 seated alt arnold press

4x10 seated lateral raise

4x10 seated DB scoop

Superset 3x10

Plate around-the-world

Front press

DB tri-set (high volume) 2x

Alt grip front raise

V raise

2x10 (each) Cable woodchopper

Superset 3x

10 plate sit-ups

15 plate leg raises

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