

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Warmup + stretch + activation

Superset 3x20:

Single leg RDL (10 each)

Reverse lunges (10 each)

5x5 1¾ squats

4x8 hip thrusts

3x15 leg extensions

Superset 4x10:

Banded cable squats

Banded cable pulsing squats

Burnout 3x:

Squat + curtsy lunge 30s

Jump lunges 30s

Rest 30s

PUSH

Warm up + stretch

2x15 DB chest press

4x6-8 Bench press

4x10 Incline fly

4x8 Standing shoulder press

4x10 leaning lateral raise

3x15 tricep pushdown

Superset 2x10:

Narrow push-up

Wide push-up

PULL

Warmup + stretch + activation

2x15 Single lat pull-down (high volume warm-up/activation)

4x8 pull-ups (assisted)

4x12 Seated Row

Superset 3x10:

DB bent-over row (10 each)

DB pull-overs

4x10 Straight arm pull-down

BURN OUT 3x:

45s kneeling rope pull-down

16 loaded bar bicep curls

CORE CIRCUIT 2x:

10 Supermans + pull-ins

10 Leg lifts

20 deadbug reaches

Glutes

Warm-up + stretch + glute activation

Superset 4x10:

Seated banded abductions

Banded reverse hyperextensions

5x5-6 Sumo deadlift

4x10 Hip thrust

BW Tri-set 3x12:

Bridge

SL bridge R

SL bridge L

No rest!

Shoulders & Abs

Warm-up + stretch + mobility work

4x6-8 BB OH press

3x15 Seated arnold press

Superset 4x10:

Seated lateral raise

Seated front raise

Superset 3x15:

Cable upright row

Cable face pull

4x10 cable rear delt fly

CORE & SHOULDER FINISHER ouch 3x30s:

Travelling chest-to-floor burpees

Hold high plank

Commandos

Hold forearm plank

Rest 1 min

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