

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Warmup + stretch + activation

Superset 3x12

Goblet squat

RDL

5x5 Pause squat

4x10 DB heel-elevated squat press

3x15 leg extension (machine)

3x15 hip adduction (machine)

3x20 elevated (step-down) OH reverse lunge + knee drive

Burnout: 8min AMRAP:

16 single arm KB swings

8 KB swings

8 box jumps

PUSH

Warm up + stretch

5x6-8 bench press

4x12 seated arnold press

Superset 3x12

Incline chest press

Incline fly

4x10 seated lateral raise

Superset 3x12

Cable upright row

Cable front raise

2x20 tricep push-down

Superset 2x20

Push-up

Wide push-up

PULL

Warmup + stretch + activation

3x15 kneeling cable high-to-low pulls

4x8 pull-ups (assisted)

3x20 DB prone rows (10 each)

3x20 narrow grip to wide grip bicep curls (10 each)

4x8 seated row

3x12 face pulls

2x20 cable rear delt fly (10 each)

Burnout 5x

45s seated rope pull-down

10 TRX bicep pull-in

Low back/core finisher 2x20

Superman lifts

Superman hold (20s)

Dead bug reaches

Glutes

Warm-up + stretch + glute activation

4x10 reverse hypers

2x20 banded step outs w sliders

Superset 4x12

Goblet squat

RDL

3x12 DB reverse lunge (hinge forward, narrower stance)

3x20 sandbag single leg hip thrust (10 each)

Loaded bar Superset 3x15

Bridge

Frog pump

Shoulders & Abs

Warm-up + stretch + mobility work

4x6-8 BB OH press

4x8 seated lateral raise

Loaded bar Superset 3x

8 underhand front raise

18 OH press

Light DB Triset 3x12

Around the world

Y press

L raise

ABS oh no 2x

20 sit ups

20 hollow rocks

20s hollow hold

20 leg raises

30 mtn climbers

30s hold plank

30 corkscrews

30s hold forearm plank

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