

# A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

---

## LEGS

Warmup + stretch + activation

### **Superset 3x10**

RDL

DB hamstring curl

**4x8** Sumo deadlift

**5x5** Back squats

### **Superset 3x15**

Hip thrust

BW hip thrust

### **Superset 3x10**

Heels elevated squat press

Reverse lunge (10 each)

# PUSH

Warm up + stretch

**4x8** DB press

**Superset 3x10**

Incline arnold press

Incline fly

**Superset 3x12**

Seated lateral raise

Seated neutral grip press

**Superset 2x15**

Seated tricep extension

Bench dips

**Superset 3x12**

Plate front raise

Plate press away

**Burnout AMRAP**

10 push-ups

10 wide push-ups

# PULL

Warmup + stretch + activation

**2x20** kneeling cable high-to-low pulls

**4x8** pull-ups (assisted)

**4x8** wide grip seated row

**3x12** face pulls

**3x12** straight arm pull-down

**3x15** cable low row (palms up)

**2x20** cable bicep curl

**Low back finisher 2x:**

10 superman lifts

10s swimmers

20 deadbug + (light) DB pull-over

# Glutes

Warm-up + stretch + glute activation

## **Superset 3x15**

Reverse hypers  
Seated abduction

## **Superset 5x12**

Hip thrust  
Heels elevated bridges

**4x10** static lunge (10 each)

## **3x30s**

10 crab walks + 1 jump squat

## **Floor work 3x10:**

DB donkey kick  
BW kickback (SL)  
Clam shells  
(10 each side)

# Shoulders & Abs

Warm-up + stretch + mobility work

**4x6-8** BB OH press

**Superset 3x10**

Seated lateral raise

Seated front raise

**3x12** arnold press

**3x10** loaded bar upright row

**Light-weight finisher 3x**

Lateral raise + hold

Peck deck + OH press + hold

Lateral raise + OH press combo

**Abs 2x30s**

Commandos

Hold plank

Thread needle plank

Side plank

Side plank

Leg lifts

Scissors

# 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