

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Warmup + stretch + activation

3x10 LIGHT BB Squat to Good Morning

4x8 BB Back squat

4x8 Sumo deadlift

4x10 BB hip thrust

6 min AMRAP:

8 box jumps

16 squat press

3 min: 3 bridges + 3 adductors

PUSH

Warm up + stretch

4x6-8 BB OH press

Superset 3x12

Incline chest press

Incline arnold press

4x12 Seated lateral raise

Superset 3x12

Cable front raise (underhand)

Cable front raise (overhand)

4x8 Cable upright row

2x20 Tricep extension

Superset 3x10

Plate press away

Plate around the world raises

AMRAP 5 min

Traveling push-up burpees

10 tricep dip

10 KB swings

PULL

Warmup + stretch + activation

4x8 pull-ups

4x8 DB rows

3x10 plate bicep curl

4x10 straight arm pull-downs

3x10 rear delt fly

Superset 3x12

Underhand BB rows

TRX rows

Superset 3x:

45s rope pull

15 KB swings

Core 2x:

Deadbug + DB pull-over

10 leg lifts

20 single SL

10 superman

10 swimmers

Glutes

Warm-up + stretch + glute activation

Superset 3x15

Reverse hypers
Seated abduction

4x15 BB sumo box squat

4x10 RDL

Superset 4x15

Hip thrust
BW hip thrust

3x10 KB split squat

3x10 open stance squat

Band work 3x:

10 Banded donkey kick
10 Banded clam shells
10 Banded bridge + 10 adductors

Shoulders & Abs CIRCUITS

Warm-up + stretch + mobility work

Circuit 1

30s high knees
15 DB OH press
30s plank taps
Repeat 3x total

Circuit 2

30s speed skaters
15 DB upright rows
30s mtn climbers
Repeat 3x total

Circuit 3

30s chest-to-floor burpees
15 lateral raises
30s commandos
Repeat 3x total

Circuit 4: Pilates series of 5, 30s each, 1 round

Double knee stretch
Single knee stretch
Single straight leg
Double straight leg
Bicycle crunches

Finisher: Push-ups to failure

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