

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Stretch + activation

4x8 sumo deadlift

5x10 hip thrust

3x15 BW split squat

4x12 DB goblet squat

Tri-set 3x

1 min wall sit

8 single leg heels-elevated hip thrust

Each leg^

Superset 5x10

Jump squats

KB swings

3x10 hip adductors

Band work 3x10

Donkey kicks

Fire hydrants

PUSH

Stretch + activation

4x6-8 Bench press

Tri-set 3x8

DB fly

DB chest press

DB narrow press

Superset 4x8

Arnold press

OH press

Superset 5x8

Front raise

Lateral raise

4x12 Tricep pushdown

Finisher - 8min AMRAP

10 push-ups

20 mtn climbers

10 slam ball burpees

10 tri dips

PULL

Warm up + stretch + activation

2x5 negative pull-up

4x5 assisted pull-up work

3x10 cable cross reverse fly

4x8 Seated row

2x10 single bicep curl + isometric hold

3x12 alternating grip DB row (neutral to underhand)

Superset 3x10

Straight arm pull-down

Face pull

2x15 cable bicep curl

BURNOUT 5 rounds

30s seated rope pull

16 alt single hand KB swing

Glutes

Stretch + activation

3x12 BB RDL

4x12 BB Hip thrust

5x15 BW hip thrust

3x12 DB curtsy lunge (12 each)

3x15 1¼ DB goblet squat

8min AMRAP

8 box jumps

8 slam ball squats

8 curtsy side step ups (each)

Shoulders & Abs

Warm-up + stretch + mobility work

4x6-8 BB OH press

Superset 4x8

Seated Arnold press

Neutral grip press

4x10 seated lateral raise

Superset 3x

8 loaded bar front raise

12 loaded bar upright row

Superset 3x10

TRX Y's

TRX T's

2x10 TRX crunch to pike

Superset 2x20

TRX mtn climbers

TRX oblique climbers

3x8 hanging 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