

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Stretch + activation

4x8 Front squat

3x8 BB reverse lunge

3x12 DB sumo deadlift

Superset 4x10

DB hip thrust

BW hip thrust

3x12 Leg extension

15 min stairmaster at level 8-10

PUSH

Stretch + activation

4x10 Bench press

Superset 4x

6-8 Overhead press

10 weighted pushups

Dropset 3x

Handstand hold 1min, 45s, 30s

Superset 3x10

Lateral raise

Plate press away

PULL

Warm up + stretch + activation

5x5 assisted pull-ups

Superset 4x

8 BB row

12 DB bicep curl

4x8 straight arm pull-down

Superset 3x12

Upright row

Face pull

Superest 3x10

Cable seated row

Cable bicep curl

Burnout 3x

Tire flips down and back

15 KB swings

Glutes

Stretch + activation

5x5 BB hip thrust

3x8 BB static lunge

Superset 3x10

Weighted reverse hyper

BW reverse hyper

Superset 3x10

Weighted bridge

BW bridge

3x10 stability ball hamstring curl

Superset 2x20

Banded crab walk

Banded squat jump

Shoulders & Abs CIRCUIT

Warm-up + stretch + mobility work

Fast pace:

Circuit 5x10

Kneeling single shoulder press (each)

Push-up + toe-tap

Lateral raise

Commandos

Front raise

Mtn climbers

Upright row

Corkscrews

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