

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Stretch + activation

4x8 Front squat

4x8 Sumo deadlift

4x8 BB RDL

Superset 4x8

BB hip thrust

BW hip thrust

Superset burnout 4x

16 walking lunges

16 jump squat to jump lunges

PUSH

Stretch + activation

4x8 DB chest press

Superset 3x12

Plate press

Skull crusher

4x8 seated shoulder press

4x10 Cable cross lateral raise

3x10 cable fly

Superset 3x12

Around the world raises

Y press

Burnout 6 min AMRAP

10 burpees

10 Ball slams

10 Pushups (1 hand on ball, 5 each)

10 Reverse plank knee drive

PULL

Warm up + stretch + activation

Stretch + activation

5x5 negative pull-up

2x5 assisted pull-up

4x8 seated row

4x10 straight arm pull-down

3x12 cable underhand high to low row

Cardio finisher 3x

Row 500m

25 bicep curls

Row machine pikes

Glutes

Stretch + activation

3x12 loaded bar RDL

4x12 loaded bar bridge (hip lifts)

5x15 loaded bar hip thrust

3x12 DB curtsy lunge (12 each)

3x15 1¼ DB goblet squat

8min AMRAP

8 banded narrow squat + leg lift (each)

8 box jumps

8 curtsy side step ups (each)

Shoulders & Abs

Warm-up + stretch + mobility work

4x6-8 BB OH press

4x8 BB upright row

4x10 seated lateral raise

3x8 plate front raise + pause

3x10 plate woodchoppers (10 each)

3x12 cable face pull

3x10 cable reverse fly

3x10 hanging leg raises

3x6 handstand tuck jumps (extend airtime)

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