

A Week of Workouts:

Legs, Push, Pull, Glutes, Shoulders & Abs

LEGS

Stretch + activation

4x8 Front squat

4x8 BB reverse lunge (8 each = 1 set)

Tri-set 4x8

Banded BB hip thrust

BW single-leg hip thrust R

BW single-leg hip thrust L

3x12 leg extension

3x12 frog stance leg press

2x20 weighted step-ups + knee drives

2x20 weighted side step-ups + leg lifts

5 min AMRAP

8 box jumps

10 slam ball squats

12 jump lunges

PUSH

Stretch + activation

4x8 bench press

4x8 seated shoulder press

Superset 3x12

Seated plate front raise + twist

Seated plate tricep extension

Superset 3x10

Incline DB fly

Incline arnold press

4x10 lateral raise

3x12 Cable upright row

3x12 tricep pushdown

PULL

Warm up + stretch + activation

5x5 assisted pull-up

2x5 negative pull-up

3x8 negative underhand, narrow grip lat-pulldown

4x10 straight arm pull-down

3x12 Face pull

4x8 DB row

2x20 DB bicep curl + static hold

10 min AMRAP

Row 300m

16 DB deadbugs

12 leg raises

10 superman + DB lat pull

Glutes

Stretch + activation

4x8 Sumo deadlift

5x10 loaded bar hip thrusts

Superset 3x10

Weighted reverse hypers

Frog pumps

4x12 DB sumo goblet squat + pulses

3x10 DB static lunge + pulses

3x12 Abductions (machine)

Mini-Band finisher 3x

10 banded bridges + 10 pulses

10 bridge march

10 single-leg bridge + pulse R

10 bridge march

10 single-leg bridge + pulse L

Shoulders & Abs

Warm-up + stretch + mobility work

4x6-8 BB OH press

3x10 cable face pull

4x10 cable lateral raise

Superset 4x10

Cable upright row

Cable front raise

3x8 cable single-arm reverse fly

2x10 Cable woodchop (up)

Plank series 30s each:

High plank

Side plank R

Side plank L

Forearm plank

Repeat in reverse

2x Series of 5

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