

Monday	Exercise	Sets	Reps	Rest (seconds)	Notes
UPPER STRENGTH					
WARM UP	1. Neutral grip pull ups	4	8	90	Relax hands, thumb over the bar, pull with the elbows, full range
	2. Barbell floor press	4	8	60	Pin shoulder blades down, lift up through bottom of the rib cage, think about bending the bar, control down until elbows are touching the floor
	3. Barbell high bench row OR pendlay row	3	10	60	Hands just outside shoulder width, retract shoulder blades before pulling, initiate with elbows
	4. Standing barbell overhead press	4	6	90	Brace every muscle from the ground up
	5. Single arm dumbbell incline chest press	3	10 each side	60	Feet wide, brace abs, free arm out to the side, keep elbow at 45 degrees and shoulder blade pinned into the bench
	6. Dumbbell lateral raise	4	8	60	Think about pulling the weights to the walls, little finger and elbow at the highest point, relax traps
	7. Barbell OR dumbbell curl	3	8	60	Full stretch at the bottom, squeeze at the top, elbows don't move
	8. Parallel bar dips	3	8	90	Elbows straight back, full contraction at the top of each rep
FOAM ROLL & STATIC STRETCH	9. Kneeling rope crunch	4	15	30	Knees outside shoulder width, pull ribs towards hips, exhale on the way down

Tuesday	Exercise	Sets	Reps	Rest (seconds)	Notes
LOWER STRENGTH					
WARM UP	1. Barbell Romanian deadlift (RDL)	4	6	90	Feet inside shoulder width, bar close to body, long arms, keep hips high, chin down, finish with glutes on and pelvis neutral
	2. Deadlift (Sumo, conventional or trap bar)	3	5	120+ (as much as needed)	Feet turned out, wide stance, long arms, chin down, shoulder blades tight, hips start just above 90 degrees, pull hips into bar and finish with glutes on and pelvis neutral
	3. Barbell Bulgarian split squat	3	10 each side	90	Front foot awkwardly far forward, weight through front heel, chest slightly forward, pelvic tucked back, drop straight up and down
	4. Barbell hip thrust	3	8	60	Mid-back on the box, chin down, shoulders slightly rounded, pelvis tucked under, feet close to body and slightly turned out, push through the heels, hips up as high as possible, come all the way down between every rep
	5. Leg extensions	4	8	60	Point toes
	6. Single leg arabesque (holding one kettlebell)	3	8 each side	45	Keep weight close to the body, knee slightly bent, keep hips up, chest over the toes on the way down chest and hips parallel to the floor, finish with glue fully contracted
	7. Standing barbell calf raise on smith machine (stand on weight plate or steps)	4	8	60	Push through big toe, full stretch at the bottom, hold squeeze at the top
FOAM ROLL & STATIC STRETCH	8. Weighted decline crunch	4	10	45	Hold weight up towards the roof, keep belly button pulled in towards the spine

Thursday	Exercise	Sets	Reps	Rest (seconds)	Notes
WARM UP	1. Flat bench dumbbell press	5	15,12,10,8,6 (increase weight each set)	60	Pin shoulder blades down, lift up through bottom of the rib cage, elbows at 45 degrees
	2A. Incline barbell press (one second pause at the bottom)	3	10	-	Pin shoulder blades down, lift up through bottom of the rib cage, elbows at 45 degrees, think about bending the bar
	2B. Pec fly machine	3	20	60	Lift up through the bottom of the rib cage, stop arms in line with side of the body and think about squeezing elbows towards each other
	3. Seated dumbbell Arnold press	4	10	60	Start with palms facing your face, as you press the weight above your head twist your hands out and finish with palms facing forward
	4A. Machine chest press push across	3	15 each side	-	Sit side on, keep elbow out to the side at chest height, press across your body and hold contraction for 1-2 seconds on each rep
	4B. Single arm cable lateral raise	3	15		Relax hand, pull with elbow and keep little finger and elbow at highest point
	4C. Cable rope upright row	3	15		Lift with the elbows, elbows should finish outside eye height at the highest point, relax traps
	5. Straight bar cable tricep push down	3	12-15	60	Elbows don't move, chest open, squeeze at the bottom, stretch at the top
	6A. Overhead cable rope tricep extension	3	12	-	Elbows straight up towards the roof, stretch at the bottom, squeeze at the top
	6B. Single arm cable tricep kickback	3	12 each side	60	Chest faces the floor, cable at knee height, elbow up at shoulder height, press straight back keeping elbow in the same position (hinge movement)
	7. Dumbbell lateral raises	1	50	-	Think about pulling the dumbbells to the walls, relax your traps
FOAM ROLL & STATIC STRETCH	8. Ab wheel rollout	3	10	45	Pelvis tucked under, knees outside shoulder width, only roll out until you can no longer keep your pelvis tucked under (using your core)

Friday	Exercise	Sets	Reps	Rest (seconds)	Notes
LOWER HIGH REP					
WARM UP	1. Leg extensions	3	20	45	Feet slightly turned out (v-shape), hold contraction at the top for 1 second
	2A. Pause box squat (back or front squat)	3	10	-	Wide stance, chin down, hips back, knees out, finish in full hip extension with glutes ON
	2B. Front foot elevated split squat (holding 2 dumbbells or KB's)	3	10 each side	90	Front foot elevated on a. Weight plate or small step, weight through front heel, chest slightly forward, pelvis tucked back, drop straight up and down
	3. Leg press	3	21	60	Weight through heels, don't lockout knees at the top (7 in the top half range, 7 in the bottom half range, 7 full range)
	4A. Kettlebell Romanian deadlift (RDL) inside resistance band (around the waist)	3	15	-	Keep weight close to the body, knee slightly bent, keep hips up, chest over the toes on the way down chest and hips parallel to the floor, finish with glutes fully contracted
	4B. Lying hamstring curl	3	15	60	Toes to shins, hips down, brace core as if you're about to be whacked in the stomach
	5. Walking lunges (holding 2 dumbbells or KB's)	1	3 minutes.	-	Long steps, chest slightly forward, weight through the front heel
	6. Calf raises on the leg press (Set 1: feet straight Set 2: Feet turned in Set 3: Feet turned out)	3	15	45	Push up through the big toe, stretch at the bottom, hold contraction at the top
FOAM ROLL & STATIC STRETCH	7. Bike crunches	4	30	30	Think about pulling shoulder to the opposite hip, straight leg comes low towards the floor, slow and controlled reps

Saturday	Exercise	Sets	Reps	Rest (seconds)	Notes
UPPER PULL					
WARM UP	1. Single arm cable seated row	3	12 each side	60	Relax hand, pull with elbow, slight forward lean, finish with elbow tucked into hip (stretch and squeeze)
	2. Lat pull down (2 sets wide, 2 sets neutral, 2 sets close underhand)	6	10	60	Relax grip, retract shoulders before pulling, initiate with the elbows
	3A. Seated cable row	3	16	-	Relax hands, pull with elbows, slight forward lean, finish with elbows tucked into hip (stretch and squeeze)
	3B. Single arm dumbbell row	3	8 each side	60	Think about pulling dumbbell towards the hip
	4. Incline bench reverse dumbbell flies	4	15	45	Think about pulling little fingers towards the roof
	5A. Cable straight bar pull downs	3	10	-	Elbows up, chest down to start, think about pulling past your body with lats not triceps, finish with chest up and lats squeezed
	5B. Cable rope face pulls	3	20	45	Elbows and hands finish outside the eyes
	6. Cable straight bar curls (10 with hands wide, 10 with hands close)	3	20	60	Elbows tucked into your sides, full stretch at the bottom, elbows don't move, full squeeze at the top
	7. Seated dumbbell hammer curls + isometric hold	3	15 (5 - 5 - 5 - 5 - 5)	60	Hold one half way up and complete the full range reps on the other side and then swap
FOAM ROLL & STATIC STRETCH	8. Lying leg raises	3	20	30	Roll hips to the chest, control on the way down