

Day 1

Lower body 1

A Box Squat

3x8 90 sec rest

B Barbell Hip Thrust

3x8 90 sec rest

C Reverse Lunges

3x15 60 sec rest

D Banded Hip Thrust

3x12 60 sec rest

E Single Leg Kettlebell Romanian Deadlift

3x15 60 sec rest

F Glute Kickback (Band)

3x20 sec rest

Day 2

Upper Body 1

A Back Supported Dumbbell Shoulder Press

3x8 90 sec rest

B Pull Over

3x8 90 sec rest

C Incline Dumbbell Bench Press

3x15 60 sec rest

D Bent Over Barbell Row

3x15 60 sec rest

E Reverse Hyper

3x20 60 sec rest

F Lateral Banded Walk

3x20 60 sec rest

Day 4

Lower Body 2

Warmup

5 Min Warmup

A1 Hindu Squat

3x15

A2 Pendulum Lunge

3x10 60 sec rest

B1 Single Leg Kettlebell Deadlift

3x15

B2 Lateral Lunge Pop

3x15 60 sec rest

C1 Sumo Squat

3x15 60

C2 Banded Hip Thrust

3x20 60 sec rest

 Cooldown

5 min Stretch

Day 5

Upper and Abs

Warmup

Time Under Tension

Tempo 4-0-2-0 for Arm Work

A1 Hammer Curl

4x8 60 sec rest

A2 Single Arm Overhead Tricep Extension

3x8 60 sec rest

B1 Zottman Preacher Curl

3x8 60 sec rest

B2 Tricep Kickback

3x8 60 sec rest

C Dumbbell Lateral Raise

D Figure 8 w/Block

3x20 60 sec rest

E Reaching Situp

3x20 sec rest

F Leg Raises

3x20 sec rest
