



| | Week 1 | Week 2 | Week 3 | Week 4 |
|---|--|--|--|--|
| Day 1 Full Body NOTES: _____ _____ _____ _____ | -5min Jog/Sprint -30s clean & press/30s back lunge & chest press/30s squat jump w/deadlift -10x arm circle w/fly -10x flies w/leg raises -10x bent over rows/modified deadlift -10x standing glute curls/oblique crunches | -5min row machine -30s bench jump overs/30s side to side squat/30s single leg jumps -10-15x push-ups with mtn. climbers -10x standing crunches each side -10x punch outs and shoulder raises -10x super-mans/30s plank | 5 min stair master -30s Bosu Burpees/30s Bosu jump over/30s jumping jack-squat jack -10-15x Kettle bell swings -10-15x Dynamic arm moves -10-15x side lunges with chest press -10-15x Butterfly sit-ups/leg raises | 15-30 min stairmaster -10x bench rows with jump/10x squat press/6x 180 squat jumps -10x plate raises with twist -10-15x arnolds -6-8x single leg dead lift with row -20x cable crunches |
| Day 2 Arms/Chest NOTES: _____ _____ _____ _____ | -Upper body treadmill warm up -10-15x windmills/incline chest flies -10-15x bicep curls/tricep kickbacks -10-15x cable punch outs -10-15x single arm tricep pull downs -10-15x seated single arm cable curls -20x- sit ups with punches | -10min bike sprints (40s ride/20s sprint) -10-15x double chest press -10-15x up right chest press/side arm tricep extensions -10-15x hammer curls -10-15x over the head single arm presses -10-15x bicep curl/tricep pulses -15x bench push-ups with mountain climbers) | 5 Min shuffle/5 min squat jump/lunge (watch cardio videos) -8x Cable raises/cable push downs/cable push together -10-15x Cable trice extensions -10-15x Rope bicep curls -10-15x tricep pushes -10-15x Elevated cable bicep curls -10-15x Chest press with toe touch and alternating leg raises | 10 min elliptical - 10x chest press/10x tricep dips/10x push-ups with jump - 10-15x bicep curls into push down hammer curls -10-15x dumbbell skull crushers -10-15x press/flies on incline bench -8x plate curls/presses/tricep extensions -6-8x weighted sit-ups |
| Day 3 | DAY OFF | | | |
| Day 4 Legs NOTES: _____ _____ _____ _____ | -5min stairmaster/5min bike sprints <i>Pick 1-2 heavy moves 8 reps of 3 sets.</i> -10-15x single leg cable lunges -10-15x cable abductors -10-15x cable squats/deadlifts -10-15x stand ups with squat jumps -20x bicycles | 5-10x stairmaster sprints <i>Pick 1-2 heavy moves 8 reps of 3 sets</i> -10-15x hamstring curls/clams -10-15x donkey kicks/up and overs -10-15x smith machine squats -8-10x smith machine lunges 10x yoga ball leg raises and leg curl | 5 – 10 min Bike sprints <i>Pick 1-2 heavy moves 8 reps for 3 sets</i> -10x Weighted squat jumps with curtsy lunges -10-15x Dumbbell Romanian deadlift -10-15x Side lunges -10-15x Abductors/adductors | 10-20 Min stairmaster <i>Pick 1-2 heavy moves 8 reps for 3 sets</i> -8-10x smith machine squat jumps -10x lunge walks each leg -10-15x Bulgarian split squat -10-15x cable kickbacks 6-8x Russian twists left/right =1 |
| Day 5 Back/Shoulders NOTES: _____ _____ _____ _____ | -5min run -30s each move Shoulder warm up: Running man/Jumping jacks/lunges 8x T's/Y's/I's -10x standing rotating rows/plate rows -10-12x cable cross overs -10-12x single arm raises -10-12x seated face pulls | -5min jog sprint/5min shuffle -10-15x seated cable shoulder raises -10-15x cable row -10-15x shoulder twist-outs -10-15x single arm rotating rows -10-15x Windshield wipers | Upper body treadmill warm up -10-15x Smith Machine shoulder presses -10-15x Smith Machine shoulder pulls -10-15x shoulder raises -10-15x weighted row machine 10-15x Cable lat pulls 10-15x Straight arm push downs 10-15x Plank row with mtn climbers | 5 Bike sprints/ 5 treadmill sprints -10-15x single arm rotating single cable pulls -10-15x hanging cable shoulder raises -10-15x standing face pulls -10-15x behind the head lat-pull downs -10-15x incline bench dumbbells rows with flies -6-8x weighted jack knives left/right = 1 |