

Week _____

Day 1: Legs & Shoulders

Warm Up 3:00

BLOCK ONE

Front Lunge :30

Dumbbell Squat

Dumbbell RDL

Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			

BLOCK TWO

Wide Grip Overhead Press

Lateral Raise

Reverse Fly

Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			

BLOCK THREE

Lateral Lunge Right Side :30

Lateral Lunge Left Side :30

Frontal Raise

Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			

BLOCK FOUR: FINISHER

Dumbbell Thruster

Notes:

Set 1	Weight:		
	Reps:		
	Weight:		
	Reps:		

Day 2: Upper Body Pull

Warm Up 3:00

BLOCK ONE

Lawn Mower Row/Right

Lawn Mower Row/Left

Hammer Curl

Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			

BLOCK TWO

Wide Grip Bent Over Row

Concentrated Curl/Right

Concentrated Curl/Left

Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			

Day 2: Upper Body Pull (continued)

BLOCK THREE					
Dumbbell Lat Pullover		Dumbbell Lat Pullover		Dumbbell Lat Pullover	
Sets 1-3	Weight:				
	Reps:				
Block Four: Finisher					
Bent Over Row		Notes:			
Set 1	Weight:				
	Reps:				

Day 3: Rest

Day 4: Legs & Core

Warm Up 3:00					
BLOCK ONE					
Reverse Lunge/RIGHT		Reverse Lunge/LEFT		Crunch	
Set 1	Weight:			N/A	
	Reps:				
Set 2	Weight:			N/A	
	Reps:				
Set 3	Weight:			N/A	
	Reps:				
BLOCK TWO					
Single Leg Deadlift/RIGHT		Single Leg Deadlift/LEFT		Forearm Plank :45	
Set 1	Weight:			<input type="checkbox"/>	
	Reps:				
Set 2	Weight:			<input type="checkbox"/>	
	Reps:				
Set 3	Weight:			<input type="checkbox"/>	
	Reps:				
BLOCK THREE					
Goblet Squat		Dead Bug			
Set 1	Weight:				
	Reps:				
Set 2	Weight:				
	Reps:				
BLOCK FOUR: FINISHER					
Goblet Squat		Notes:			
Set 1	Weight:				
	Reps:				

Day 5: Upper Body Push

Warm up 3:00

BLOCK ONE

		Wide Grip Chest Press	Active Recovery :30	Push Up
Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			

BLOCK TWO

		Standing Chest Fly	Transition :20	Skull Crusher
Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			

BLOCK THREE

		Overhead Press	Overhead Press	Overhead Press
Sets 1-3	Weight:			
	Reps:			

BLOCK FOUR

		Crush Press	Lateral Raise	Notes:
Set 1	Weight:			
	Reps:			
Set 2	Weight:			
	Reps:			
Set 3	Weight:			
	Reps:			