

# ELEVATE & THRIVE FITNESS

## LEGS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<b>Dynamic stretching:</b> body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
<b>Goblet Box Squat</b>	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	8	90 sec
<b>Smith Machine Hip Thrust w/ Pause at the Top</b>	2-sec Pause/Squeeze	4	10-12	2 min
<b>DB Walking Lunges</b>		3	20 (10 each)	90 sec
<b>Leg Extension Machine</b>		4	10-12	60 sec
<b>Leg Curl Machine</b>		4	10-12	60 sec
<b>Bicycle Kicks</b>		3	10 each, 20 total	60 sec

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## PULL DAY 2

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
<b>DB Chest Supported Rows</b>	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10	2 min
<b>Lat Pulldown</b>		4	8-10	90 sec
<b>Seated Row</b>		3	10-12	90 sec
<b>DB Bicep Curls</b>		3	10	60 sec
<b>Cable Rope Face Pulls</b> <b>SS Cable Rope Hammer Curls</b>		3	10,12	90 sec
<b>Incline Plank</b>		3	30s-60s	60 sec

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## PUSH DAY 3

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
DB Incline Chest Press	2 Warm Up (RPE5 on warm up) 3 Working 5 SETS TOTAL	5	8-10	2 min
Machine Shoulder Press		4	8-10	2 min
EZ Bar Upright Rows		3	12	90 sec
EZ Bar Bench Lying Skull Crushers		3	10-12	90 sec
Cable Rope Triceps Extension SS Pushups		3	10,8	90 sec
Oblique Reaches		3	10-15	60 sec