

# ELEVATE & THRIVE FITNESS

## LEGS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p><b>Dynamic stretching:</b> body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p><b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b></p>	1-2	10-15	1 min
DB KAS Hip Thrust	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	8-10	2min
Goblet Squats		3	12-15	2min
DB Reverse Lunges		3	12 each leg	90 sec
DB RDL		3	10-12	90 sec
DB Elevated Glute Bridges SS Calf Raises		3	12-15, 20	60 sec
Plank		3	30s - 1min	60 sec

# ELEVATE & THRIVE FITNESS

## BACK/BICEPS DAY 2

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
<b>Single Arm (SA) DB Bent Over Row</b>	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10-12 each arm	2 min
<b>DB Bicep Curls</b>		4	10-12	90 sec
<b>DB Renegade Row</b>		3	12 each arm	90 sec
<b>Pinwheel (crossbody) Curls</b>		3	12 each arm	60 sec
<b>DB Bent Over Reverse Flys superset (SS) with DB Hammer Curl Eccentric</b>	5 sec eccentric	3	12-15, 10	90 sec
<b>Dead Bug</b>		3	20 total	60 sec

# ELEVATE & THRIVE FITNESS

## CHEST/TRICEPS/SHOULDERS 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 Floor Chest Press	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	8-10	2 min
SA DB Standing Shoulder Press		3	8-10	2 min
DB Floor Skull Crushers		3	12	60 sec
Push Ups		3	10	90 sec
DB Overhead Tricep Extensions SS DB Front to Lateral Raises		3	12, 8 of each	90 sec
Slow Mountain Climbers		3	20 total	60 sec