

ELEVATE & THRIVE FITNESS

LEGS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT	1-2	10-15	1 min
Barbell Back Squats	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10,10,8,8,6,6	2 min
DB Bulgarian Split Squats		3	10 each leg	90 sec
Walking Lunges		3	10 each leg	90 sec
Heel Elevated Goblet Squats		3	10-12	90 sec
Leg Press Dropset		4	8,12,15	2 min
Calf Raises		3	25	60 sec
Plank		2	45 sec	60 sec

ELEVATE & THRIVE FITNESS

BACK/SHOULDERS DAY 2

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT	1-2	10-15	1 min
Machine or Band Assisted Pull Ups		3	10	90 sec
Supinated Barbell Rows		5	8	2 min
Barbell Overhead Shoulder Press		4	8	2 min
EZ Bar Upright Row		3	10	90 sec
SA DB Bent over Rows SS Lateral Raises		3	8 each arm, 10	90 sec
Cable Rope Face Pulls SS w/ Cable Rope Front Raises		3	15,12	90 sec
Weighted Crunches		2	15	60 sec

ELEVATE & THRIVE FITNESS

CHEST & ARMS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT	1-2	10-15	1 min
Bench Press	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10,10,8,8,8,6	2 min
Barbell Bicep Curl		4	8	90 sec
DB Flat Bench Chest Flys		3	10-12	90 sec
DB Overhead Tricep Extension SS w/ Push ups		3	12,10	90 sec
Bicep 21's	7 reps at bottom half, 7 reps @ top half & 7 reps full ROM	3	7,7,7	90 sec
Cable Rope Tricep Extensions SS w/ Cable Rope Hammer Curls		3	12,12	90 sec
Lying Leg Raises		2	15	60 sec

ELEVATE & THRIVE FITNESS

LEGS DAY 4

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT	1-2	10-15	1 min
Barbell Hipthrust with Pulse	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10,8,8,8,6	2 min
Barbell Deficit Reverse Lunges		4	6-8 each leg	2 min
Barbell RDL		4	10	90 sec
Leg Curl Machine Eccentric	5 sec eccentric	3	10	60 sec
Abductor Machine		3	15	60 sec
Dead Bugs		2	20 total	60 sec