

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 3 Working Sets For a total of 5 sets	5	10,10,8,8,8	2 min
DB Deficit Reverse Lunges		3	10 each	90 sec
Cable Glute Pull Throughs		3	12-15	60 sec
Heel Elevated Goblet Squats Drop Set		3	8,12,15	2 min
Leg Extensions		3	10	60 sec
Dead Bugs		2	20 total	45 sec

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BACK/BICEP 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
Lat Pulldown	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	5	10,10,10,8,8	90 sec
Seated Row		4	10	90 sec
DB Alternating Hammer Curl		3	10 each	90 sec
Incline bench DB lying reverse Y flys Superset w/ incline bench DB spider curls		3	12,10	90 sec
Cable Straight Bar Pulldowns SS w/ Cable Straight Bar Bicep Curls		3	12,12	90 sec
Bicycle Kicks SS Plank		2	20 total, 30 sec	60 sec

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CHEST/TRICEPS/SHOULDERS 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
Seated DB Shoulder Press	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10,10,8,8,8	2 min
Dumbbell Incline Bench Press		4	8-10	2 min
EZ Bar Upright Rows		3	10-12	90 sec
DB Flat Bench Chest Flys SS w/ Overhead DB Triceps Extension		3	10,12	90 sec
Lying Skull Crushers SS Lateral Raises		3	12,10	90 sec
Hanging Knee Raises		3	15	60 sec

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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	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
Heavy DB Sumo Squat		3	8-10	90 sec
Single Leg Dumbbell RDL		3	12 each	90 sec
Leg Press Dropset		3	10,15,20	2 min
Hamstring Curl Machine SS Calf Raises		3	10,20	60 sec