

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
DB Deadlift	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	8-10	2 min
DB Goblet Squats		4	12	90 sec
DB Alternating Reverse Lunges		3	10 each leg	90 sec
DB Single Leg RDL		3	10-12 each leg	90 sec
Frog Pumps SS Calf Raises		3	15,20	60 sec
Alternating Leg V Up		3	10 each	60 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
Single arm (SA) DB bent over Row	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10-12 each arm	2 min
DB Wide Curls		4	10-12	90 sec
DB Renegade Row		3	12 each arm	90 sec
Pinwheel (Crossbody) Curls		3	10 each arm	60 sec
DB Bent Over Reverse Flys SS DB Hammer Curl Eccentric	5 sec eccentric	3	12-15, 10	90 sec
Deadbugs		3	20 total	60 sec

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CHEST/TRICEPS/SHOULDERS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p>Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p>	1-2	10-15	1 min
DB Floor Chest Press	<p>2 Warm Up Sets (RPE 5 on warm up sets)</p> <p>Followed by 4 Working Sets</p> <p>For a total of 6 sets</p>	6	8-10	2 min
DB Standing Shoulder Press		3	8-10	2 min
SA DB Tricep Kickback		3	10 each arm	60 sec
DB Floor Chest Flys		3	12	60 sec
DB Overhead Tricep Extensions SS DB Front to Lateral Raises		3	12, 8 of each	90 sec
Plank DB Pull Through		3	20 total	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
DB Sumo Squats	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	8-10	2 min
Bulgarian Split Squats	put back foot up on a chair	4	10 each leg	90 sec
DB Hipthrust	lean against chair or stair	3	12	90 sec
DB Walking Lunges		3	10 each leg	90 sec
Banded Clamshells SS Russian Twists		3	15, 20 total	60 sec