

# ELEVATE & THRIVE FITNESS

## BACK/BICEPS DAY 1

| EXERCISE   | NOTES  | SETS | REPS                | REST   |
|--|--|------|---------------------|--------|
| Warm up  | <b>Dynamic stretching:</b> arm circles, band pull<br>aparts, band around the world, push ups,<br>DB rotators<br><b>REMINDER: ACTIVATE CORE BEFORE<br/>EVERY MOVEMENT</b> | 1-2  | 10-15               | 1 min  |
| Assisted Pull Ups  |  | 3    | 10                  | 60 sec |
| Landmine Row   |  | 4    | 8-10                | 90 sec |
| Barbell Bicep Curl<br>Eccentric  | 5 sec eccentric  | 4    | 8                   | 90 sec |
| Seated Row   |  | 3    | 10                  | 90 sec |
| Incline bench DB lying<br>reverse Y flys<br>Superset w/ incline<br>bench DB spider curls |  | 3    | 12,10               | 90 sec |
| Bicep 21's   | 7 curls at bottom half, 7 at top half<br>and 7 curls at full range of motion   | 3    | 7,7,7               | 90 sec |
| AB Superset: Hanging<br>leg raises & Side plank<br>with twist                            |  | 2    | 15, 12 each<br>side | 60 sec |

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## GLUTES & HAMSTRINGS DAY 2

| 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  |
| B stance Hip Thrust                         | <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 each leg       | 2 min  |
| Barbell Deficit Reverse Lunges              |   | 4    | 8 each leg       | 2 min  |
| Heavy DB Sumo Squat<br>SS DB single leg RDL |   | 3    | 8-10,10 each leg | 90 sec |
| Hamstring Curl Machine                      |   | 3    | 12               | 60 sec |
| Reverse Frog Pumps on Bench with Pause      |   | 3    | 12-15            | 60 sec |

# ELEVATE & THRIVE FITNESS

## CHEST/TRI/SHOULDERS DAY 3

| EXERCISE   | NOTES  | SETS | REPS                        | REST   |
|--|--|------|-----------------------------|--------|
| Warm up  | <b>Dynamic stretching:</b> arm circles, band pull<br>aparts, band around the world, push ups,<br>DB rotators<br><b>REMINDER: ACTIVATE CORE BEFORE<br/>EVERY MOVEMENT</b> | 1-2  | 10-15                       | 1 min  |
| Barbell Incline Bench Press  | 2 Warm Up Sets (RPE 5 on warm up sets)<br>Followed by 3 Working Sets<br>For a total of 5 sets  | 5    | 10,10,8,8,6                 | 2 min  |
| Barbell Overhead Shoulder Press                                    |  | 4    | 8                           | 2 min  |
| DB Flat Bench Chest Flys SS W/ DB lying Skull Crushers             |  | 3    | 10,12                       | 90 sec |
| EZ bar Upright Row SS w/ EZ bar Front Raises                       |  | 3    | 10,10                       | 90 sec |
| Cable Single Arm Tricep Kickback SS w/ Cable leaning Lateral Raise |  | 3    | 10 each arm,<br>10 each arm | 90 sec |
| Diamond Push ups   |  | 2    | 10                          | 60 sec |
| Deadbugs   |  | 2    | 20 total                    | 60 sec |

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## QUADS & GLUTES DAY 4

| 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.<br><b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b> | 1-2  | 10-15         | 1 min  |
| <b>Back Squat</b>                    | 2 Warm Up Sets (RPE 5 on warm up sets)<br>Followed by 4 Working Sets<br>For a total of 6 sets  | 6    | 10,10,8,8,6,6 | 2 min  |
| <b>Leg Press Narrow Stance</b>       |  | 4    | 8-10          | 90 sec |
| <b>Landmine 21's</b>                 | 7 Goblet squat (holding landmine bar at chest in goblet position) , 7 RDL, 7 Sumo Squat (holding landmine bar between legs)  | 3    | 7,7,7         | 2 min  |
| <b>Bulgarian Split Squat</b>         |  | 3    | 8 each leg    | 90 sec |
| <b>Leg Extension Machine Dropset</b> |  | 3    | 10,15,20      | 2 min  |
| <b>Calf Raises</b>                   |  | 3    | 25            | 60 sec |

# ELEVATE & THRIVE FITNESS

## BACK/SHOULDERS & ABS DAY 5

| EXERCISE   | NOTES   | SETS | REPS               | REST   |
|--|---|------|--------------------|--------|
| Warm up  | <b>Dynamic stretching:</b> arm circles, band pull<br>aparts, band around the world, push ups,<br>DB rotators<br><b>REMINDER: ACTIVATE CORE BEFORE<br/>                     EVERY MOVEMENT</b> | 1-2  | 10-15              | 1 min  |
| Assisted Parallel Grip<br>Pull Ups                   |   | 3    | till failure       | 90 sec |
| Deadlift   |   | 4    | 8                  | 2 min  |
| Lat Pulldowns  |   | 4    | 8-10               | 90 sec |
| DB Arnold Press                                      |   | 4    | 8                  | 90 sec |
| Single Arm Bent Over<br>Rows SS w/ Lateral<br>Raises |   | 3    | 10 each arm,<br>12 | 90 sec |
| Kneeling Cable Rope<br>Face Pulls                    |   | 3    | 15                 | 60 sec |
| AB Circuit: Reverse<br>Crunches, Bird Dogs,<br>Plank |   | 3    | 30 sec each        | 60 sec |