

ELEVATE & THRIVE FITNESS

QUADS & GLUTES DAY 1

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p>Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p>	1-2	10-15	1 min
Barbell Squats	<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	10,10,8,8,6,6	2 min
Leg Press Dropset		3	8,12,15	2 min
Bulgarian Split Squats		3	10 each leg	2 min
Heel Elevated Narrow Stance Goblet Squats		4	10-12	90 sec
Leg Extension Machine		3	10	60 sec
Calf Raises		3	25	60 sec

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BACK/BICEPS 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 Chin Ups		3	10	90 sec
Lat pulldowns SS Lat Pulldowns Reverse Grip		4	8,8	2 min
Barbell Supinated Grip Bent Over Row		4	8-10	2 min
Barbell Bicep Curl		5	8	90 sec
DB Alternating Hammer Curl		3	12 each arm	60 sec
AB Superset: Hanging leg raises & russian twists		3	15,30	60 sec

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GLUTES & HAMSTRINGS DAY 3

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 3 Working Sets For a total of 5 sets	5	10,8,8,8,6	2 min
Barbell RDL		4	8-10	90 sec
Heavy DB Sumo Squat		4	8-10	90 sec
DB Alternating Reverse Lunges		3	8 each side	90 sec
Leg Curl Machine Eccentric		3	10	60 sec
Hip Abductor Machine		3	15	60 sec

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CHEST/SHOULDERS/TRICEPS DAY 4

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		4	8	2 min
DB Seated Shoulder Press		4	8	2 min
DB Incline Chest Flys SS Seated Lateral Raises		3	10,10	90 sec
Push Ups SS EZ bar Overhead Tricep Extension		3	10,12	90 sec
Cable Straight Bar Reverse Grip Tricep Pulldowns		3	15	60 sec
Deadbugs		2	20 total	60 sec

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FULL BODY DAY 5

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators, bodyweight squats, hip rotators, bodyweight lunges, leg swings, frog squats REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT	1-2	10-15	1 min
Barbell Deadlift		4	8	2 min
DB KAS Hip Thrust SS w/ Floor Glute Bridges		4	12,15	2 min
DB Narrow Grip Chest Press		3	10	90 sec
EZ Bar Upright Row		3	10	90 sec
Cable Rope Tricep Extensions SS w/ Cable Rope Hammer Curls		3	12,12	90 sec
Walking Lunges		3	10 each leg	90 sec
Plate Front Raise Burnout		1	50	60 sec
AB Circuit: Lying leg raises, weighted crunches, Plank		3	30 sec each	60 sec