

# ELEVATE & THRIVE FITNESS

## LEGS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<b>Dynamic stretching:</b> body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
DB Deadlift		6	8-10, 10-12	2 min
DB Goblet Squats with Pause		4	8-10	2 min
DB Alternating Reverse Lunges		3	10 each leg	90 sec
DB RDL		4	10-12	90 sec
DB Lying Leg Curls Dropset		3	10,15,20	90 sec
DB Calf Raises		3	25	60 sec

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## BACK/BICEPS DAY 2

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
<b>DB Single Arm Bent Over Row</b>	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	8-10 each arm	2 min
<b>DB Bicep Curls</b>		4	10	90 sec
<b>DB Reverse Flys SS DB Alternating Hammer Curl</b>		3	12,10 each arm	90 sec
<b>Renegade Row</b>		3	10 each arm	60 sec
<b>Bicep 21's</b>	7 reps at bottom half, 7 reps @ top half & 7 reps full ROM	3	7,7,7	90 sec
<b>AB Superset: Side Plank with Twist &amp; Plank</b>		3	30 sec each side, 30 sec	60 sec

# ELEVATE & THRIVE FITNESS

## LEGS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<b>Dynamic stretching:</b> body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
DB Sumo Squats	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	8-10	2 min
DB Bulgarian Split Squat	Use Chair for back leg	4	8-10 each leg	2 min
DB KAS Hip Thrust	lean against a chair or step	4	12-15	90 sec
Heel Elevated Goblet Squats	place heels on book or another small dumbbell	3	10	90 sec
Walking Lunges		3	8 each leg	90 sec
Frog Pumps SS w/ Banded Clamshells		3	15,20	60 sec

# ELEVATE & THRIVE FITNESS

## CHEST/TRICEPS/SHOULDERS DAY 4

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p><b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators</p> <p><b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b></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 3 Working Sets</p> <p>For a total of 5 sets</p>	5	8-10	2 min
DB Single Arm Shoulder Press		4	8-10 each arm	2 min
DB Floor Chest Flys SS w/ DB lying Skull Crushers		3	12,10	90 sec
DB Upright Row SS w/ DB Overhead Tricep Extension		3	10,12	90 sec
Lateral Raises		3	12	60 sec
Boat Pose Hold SS Plank Shoulder Taps		3	30 sec, 20 total	60 sec

# ELEVATE & THRIVE FITNESS

## FULL BODY DAY 5

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators, bodyweight squats, hip rotators, bodyweight lunges, leg swings, frog squats <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
DB Thruster		3	10	2 min
DB Forward Lunge into Bicep Curl		3	10 each leg	90 sec
Renegade Row SS w/ Push Ups		3	12 each arm, 10	90 sec
DB Elevated Glute Bridges	put feet on stairs	3	15	60 sec
DB Front Raises SS w/ DB single arm Overhead Tricep Extension		3	10,12 each arm	90 sec
Wall Sit		1	1 min	60 sec
AB Superset: Deadbugs, Russian Twist, Bear Plank		3	20,30,30 sec	60 sec