

ELEVATE & THRIVE FITNESS

QUADS & GLUTES 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 Hip Thrusts	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	8,8,8,6,6,6	2 min
Smith Machine Sumo Squats		5	8,8,6,6,6	2 min
Narrow Stance Leg Press		4	10,8,8,8	90 sec
DB Walking Lunges		3	8 each leg	2 min
Hyper Reverse Frog Pumps	hold DB between feet if possible	3	12	60 sec
Ab Circuit: dead bugs, reverse crunch, bear plank	Do each exercise for set time with no rest between, then repeat for 2 sets	2	30 sec each	60 sec

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BACK, SHOULDERS & 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
Barbell Bent Over Rows	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10,8,8,8,6,6	2 min
Seated Cable Rows		4	8-10	90 sec
DB Seated Shoulder Press		6	10,10,8,8,6,6	2 min
DB Lateral Raises SS w/ DB SA Isometric Bicep Curls		4	10, 8 each arm	90 sec
Incline bench Lying Reverse Back Fly SS w/ Seated Incline DB bicep curls		3	12, 10	90 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 B-Stance Hip Thrust	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	each side 10,8,8,8,6	2 min
Barbell RDL		5	8	90 sec
DB Bulgarian Split Squat		4	8-10 each leg	2 min
Machine Seated Leg Curl		3	10	60 sec
Mini Band Floor Frog Pumps		3	12	60 sec
Ab Circuit: bird dogs, weighted crunches, hollow body hold	Do each exercise for set time with no rest between, then repeat for 2 sets	2	30 sec	60 sec

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BACK, CHEST & 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
Machine or band assisted Pull ups		3	till failure	90 sec
Diamond Pushups		3	8-10	90 sec
Lat Pulldowns		5	10,8,8,8,6	90 sec
DB single arm bent over Rows		3	8 each arm	90 sec
DB Incline Bench Press SS w/ DB incline Chest Flys		4	8,10	90 sec
DB overhead Tricep Extension		4	12	60 sec

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LEGS & ABS DAY 5

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	6-8	2 min
Barbell Deficit Reverse Lunges		4	each leg 10,8,6,6	2 min
Landmine Leg 21's	7 goblet position squats (landmine held at chest) , 7 RDL's, 7 sumo squats (landmine held between legs)	3	7,7,7	2 min
DB Elevated Glute Bridges with Pause		3	12	60 sec
Calf Raises		2	25	60 sec
Ab Circuit: Deadbug, russian twists, plank	Do each exercise for set time with no rest between, then repeat for 3 sets	3	30 sec	60 sec