

# ELEVATE & THRIVE FITNESS

## QUADS & GLUTES 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
Barbell Front Squats	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10,10,8,8,6	2 min
Narrow Stance Leg Press		4	8-10	90 sec
Tik Tok Lunges	one forward lunge and one reverse lunge = 1 rep	3	8-10 each leg	2 min
Machine Single Leg extension		3	10 each leg	60 sec
DB Single Leg Calf Raises		3	15 each leg	60 sec
Wall Sit		1	1 min	N/A

# ELEVATE & THRIVE FITNESS

## BACK & SHOULDERS DAY 2

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<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
Machine Assisted Parallel Grip Pull Ups		3	10	60 sec
Barbell Overhead Shoulder Press		4	6-8	2 min
Lat Pull downs		4	8	90 sec
Seated row		3	10	90 sec
DB single arm Bent over Row SS w/ DB single arm lateral raises		3	8 each arm, 10 each arm	90 sec
Kneeling Cable Rope Face Pulls SS w/ Kneeling Cable Rope Crunches		3	10-12 each arm, 8-10 each arm	90 sec

# ELEVATE & THRIVE FITNESS

## GLUTES & HAMSTRINGS DAY 3

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
Barbell Hip Thrust	<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	10,8,8,6,6	2 min
Barbell Back Squat		4	6-8	2 min
DB single leg RDL SS w/ DB Bulgarian Split Squat		3	10 each leg, 8 each leg	2 min
Machine Lying Leg Curl		3	10	60 sec
Abductor Machine		2	25	60 sec
Ab Circuit: Side plank, plank, side plank	Do each exercise for set time with no rest between	1	45 sec each	N/A

# ELEVATE & THRIVE FITNESS

## CHEST & ARMS DAY 4

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<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
Push Ups		3	10	60 sec
Barbell Bench Press		5	8	2 min
Cable Straight Bar Bicep curl SS w/ Cable single arm Tricep Kickback		3	10, 10 each arm	90 sec
DB Narrow/Neutral Grip Chest Press SS w/ DB Single arm Isometric Bicep Curl		4	10, 8 each arm	2 min
DB overhead Tricep Extension		3	12	60 sec

# ELEVATE & THRIVE FITNESS

## LEGS, SHOULDERS & ABS DAY 5

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, bodyweight squats, hip rotators, bodyweight lunges, leg swings, frog squats</p> <p><b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b></p>	1-2	10-15	1 min
DB Thruster		4	10	2 min
DB Step Ups SS w/ EZ Bar Upright Row		4	8 each leg, 10	90 sec
Cable Rope Pull Throughs SS w/ Cable Rope Front Raises		3	12-10	60 sec
Walking Lunges		3	10 each leg	2 min
Abs Circuit: Deadbugs, reverse crunches, russian twists & hollow body hold	Do each exercise for set time with no rest between, then repeat for 2 sets	2	30 sec each	60 sec