

ELEVATE & THRIVE FITNESS

GLUTS & HAMSTRINGS 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 Thrust with Pulse	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
Barbell Deadlift		4	8-10	2 min
DB Reverse Lunges SS w/ DB RDL		3	8 each leg, 10	2 min
Leg Curl Machine		3	12	60 sec
Abductor Machine		3	15	60 sec

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PULL 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
Band Assisted Pull Ups		2	till failure	90 sec
Lat Pulldowns SS w/ Reverse Grip Lat Pulldowns		3	8,8	90 sec
Barbell Inverted Grip Bent Over Rows		3	8-10	90 sec
Barbell Bicep Curls		3	8-10	90 sec
Incline bench DB lying reverse Y flys Superset w/ incline bench DB spider curls		3	12,10	90 sec
DB Bicep 21's	7 bottom half curls, 7 top half curls & 7 full range of motion curls	3	7,7,7	90 sec
Plank		2	1 min	60 sec

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QUADS & GLUTES 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 Back Squat		4	6-8	2 min
Barbell Deficit Reverse Lunges		4	8 each leg	2 min
Leg Press		4	10	90 sec
DB Step Ups		3	8 each leg	90 sec
Machine Leg Extension		3	12	60 sec
Calf Raises		3	20	60 sec

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PUSH 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
Incline Bench Press	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10,10,8,8,8	2 min
DB Seated Shoulder Press		4	6-8	2 min
EZ bar Upright Row SS w/ DB single arm standing Shoulder Press		3	10, 8 each arm	90 sec
Incline bench Chest Flys SS w/ Lateral Raises		3	12, 10	90 sec
DB lying Tricep extension SS w/ Dead bugs		3	15, 20	60 sec

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FULL BODY DAY 5

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p>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</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p>	1-2	10-15	1 min
Barbell Thruster		3	8	2 min
DB Bench Press SS w/ DB single arm bent over row		3	10, 8 each arm	2 min
DB Kas Glute Bridge SS w/ DB walking lunges		3	12, 8 each leg	2 min
Cable Rope Tricep Extension SS w/ Cable Rope hammer curl		3	12-12	90 sec
Cable Rope Face Pulls SS w/ Cable Glute Medius Kickbacks		3	12, 15	90 sec
Ab Circuit: Bird Dogs, Lying Leg Raises & Bear plank	Do each exercise for set time with no rest between, then repeat for 3 sets	3	30 sec each	60 sec