

ELEVATE & THRIVE FITNESS

FULL BODY DAY 1

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: arm circles, band pull apart, 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 Hip Thrusts		4	8	2 min
Lat Pulldowns		4	10	90 sec
DB incline Chest Press SS w/ DB Shoulder Press		3	10,10	90 sec
DB Forward Lunge with Lateral raise		3	10-12	60 sec
Cable Rope Overhead Tricep Extension SS w/ Cable Rope Hammer curl		2	15,12	60 sec
Abductor Machine		2	25	60 sec
Plank		2	1 min	45 sec

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FULL BODY DAY 2

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: arm circles, band pull apart, 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 Back Squats		4	8	2 min
Leg Press		3	10	90 sec
Seated Row		4	10	90 sec
EZ bar Upright Row SS w/ EZ bar lying skull crusher		3	10,12	90 sec
Incline Bench Chest Flys SS w/ Incline Bench DB Bicep Curls		2	15,12	90 sec
Leg Extension Machine		3	10	60 sec
Deadbugs		2	20	45 sec

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FULL BODY DAY 3

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
Push Ups		2	12	60 sec
Barbell Deadlift		4	8	2 min
Barbell RDL		3	10	90 sec
Barbell Reverse Grip Bent Over Row SS w/ Barbell Bicep Curl		3	8,10	2 min
DB Arnold Press		3	10	90 sec
DB Reverse lunges SS w/ DB overhead Tricep Extension		3	8 each leg, 12	90 sec
Weighted Crunches		2	20	45 sec

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FULL BODY Day 4

EXERCISE	NOTES	SETS	REPS	REST
Warm up	Dynamic stretching: arm circles, band pull apart, 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
Pull Ups		2	to failure	60 sec
Barbell Thruster		3	10	2 min
DB Kas Glute Bridges		4	12	90 sec
DB single arm Bent Over Row SS w/ Single arm DB Tricep Kickback		3	8 each arm, 10 each arm	90 sec
DB Narrow Grip Chest Press SS w/ DB alternating Hammer Curl		3	10,10 each arm	90 sec
Leg Curl Machine		3	10	60 sec
Front Raise Burnout		1	50	60 sec
Slow Mountain Climbers		2	20	45 sec