

ELEVATE & THRIVE FITNESS

LEGS 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	10,10, 8,8,6,6	2 min
Leg Press Eccentric		4	8	90 sec
DB Bulgarian Split Squat		4	8 each leg	2 min
DB Walking Lunges		4	10 each leg	90 sec
Cable Medius Kickbacks		3	15 each leg	60 sec
Hyperextensions		3	12	60 sec

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UPPER BODY DAY 2

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p>Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p>	1-2	10-15	1 min
Assisted Pull Ups	use whatever machine you have available or use bands wrapped around the bar or dont use anything if you dont need to	3	10	90 sec
Seated DB Arnold Press SS standing DB lateral raises		4	8,10	90 sec
BB bent over Row		5	8	90 sec
DB incline Bench Press SS push ups		4	8,10	90 sec
Cable rope Front Raises SS Cable rope Face Pulls		3	12,12	60 sec
BB Biceps Curl SS DB overhead Tricep Extension		3	15,15	60 sec

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LEGS DAY 4

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
Abductor Machine	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	15,15,12,12, 12,12	60 sec
Barbell Hip Thrusts with Pulse		4	10,8,8,6	2 min
Heavy DB Sumo Squat		4	10,8,8,8	90 sec
DB single Leg RDL		4	10 each leg	90 sec
DB alternating Reverse Lunges		4	8 each leg	90 sec
Leg Extention Machine		3	15,15,12	60 sec

ELEVATE & THRIVE FITNESS

LEGS DAY 6

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	10,8,8,6,6	2 min
BB Deficit Reverse Lunges		4	8 each leg	2 min
BB RDL		4	10	90 sec
DB Kas Glute Bridges		4	12,12,10,10	60 sec
Floor Frog Pumps		3	15	60 sec
Hamstring Curl		3	15,15,12	60 sec