

# ELEVATE & THRIVE FITNESS

## LEGS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<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
<b>Barbell Hip Thrust</b>	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
<b>BB reverse lunges</b>		5	8 each leg	2 min
<b>DB single Leg RDL</b>		4	10 each leg	90 sec
<b>DB single leg elevatd Glute Bridges</b>		4	12 each leg	60 sec
<b>Adbuctor machine Eccentric</b>		3	12	60 sec

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## UPPER BODY DAY 2

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<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
<b>Deadlift</b>	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 2 Working Sets For a total of 4 sets	4	10,10,8,8	2 min
<b>Lat Pulldowns</b>		4	8	90 sec
<b>Narrow Grip Seated Row</b>		4	10	90 sec
<b>BB Shoulder Press SS DB upright rows</b>		4	8 of each exercise	90 sec
<b>DB incline Chest Flys SS DB skull crushers</b>		4	10 each exercise	90 sec
<b>DB Bicep Curl 21's</b>	7 reps at bottom half, 7 reps @ top half & 7 reps full ROM	3	21	90 sec

# ELEVATE & THRIVE FITNESS

## LEGS DAY 4

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
Back Squats		4	12	60 sec
Leg Press Wide stance		4	10	90 sec
BB RDL with Pause		4	10	90 sec
Hamstring Curl Machine Eccentric		4	15,15,12,12	60 sec
DB Bulgarian Split Squats		4	8 each leg	60 sec
DB elevated Glute Bridge With Pause		3	15	60 sec

# ELEVATE & THRIVE FITNESS

## LEGS DAY 6

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<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
<b>B stance Hip Thrusts</b>	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	(each leg) 10,10,8,8,6	2 min
<b>Heavy DB Sumo Squats</b>		4	10	90 sec
<b>BB Good Mornings</b>		4	12	60 sec
<b>Landmine Squat 21's</b>	7 goblet squat position, 7 RDL, 7 sumo squat position	4	21	2 min
<b>Reverse Frog Pumps on bench</b>	Hold DB between feet if can for extra challenge	3	12	60 sec
<b>Hyperextensions</b>		3	15	60 sec