

# ELEVATE & THRIVE FITNESS

## GYM- GLUTES & HAMSTRINGS

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 Hip Thrusts SS w/ Floor Glutes Bridges		4	8, 20	2 min
Barbell Deficit Reverse Lunges		4	8 each leg	2 min
DB RDL		4	10	90 sec
Machine Seated Single Leg Curl		3	10 each leg	60 sec
Hyper extensions		3	15	60 sec

# ELEVATE & THRIVE FITNESS

## HOME- CHEST & SHOULDERS

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>Incline Push Ups</b>	Use stairs or chair to put hands on	3	10	90 sec
<b>DB Floor Chest Press</b>		5	10	90 sec
<b>DB Standing Arnold Press</b>		4	8-10	2 min
<b>DB Upright Row SS DB Front Raises</b>		3	10-12,10	90 sec
<b>DB Lateral Raises</b>		3	10-12	60 sec
<b>Ab Superset:</b>	do each exercise back to back before rest	3		
<b>Dead Bugs</b>		3	20 total	none
<b>Toe Touches</b>		3	20	none
<b>Crossbody Mountain Climbers</b>	Go Slow!!	3	20	60 sec

# ELEVATE & THRIVE FITNESS

## GYM- QUADS & GLUTES

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 Back Squat	<p>2 Warm Up Sets (RPE 5 on warm up sets)</p> <p>Followed by 4 Working Sets</p> <p>For a total of 6 sets</p>	6	10,8,8,6,6,6	2 min
Leg Press		4	8-10	90 sec
Heel Elevated DB Narrow Stance Goblet Squat		4	8-10	90 sec
Walking Lunges		3	8 each leg	2 min
Single Leg Extension Machine		3	10 each leg	60 sec

# ELEVATE & THRIVE FITNESS

## GYM- BACK & ARMS

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
Band Assisted Pull Ups		3	to failure	90 sec
Lat Pulldowns SS w/ Reverse Grip Lat Pulldowns		3	8,8	2 min
Seated Row		3	10	90 sec
Barbell Bent over Row SS w/ Barbell Bicep Curl		4	8,8	2 min
Cable Rope Overhead Tricep Extension SS w/ Cable Rope Hammer Curls		3	12,12	90 sec

# ELEVATE & THRIVE FITNESS

## HOME- LEGS & SHOULDERS

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 Sumo Squat		3	10	90 sec
DB Lateral Step Ups	Can use a chair	3	10 each leg	90 sec
Glute Band Alternating Lateral Lunges SS w/ Glute Band Frog Pumps		3	10 each side, 15	90 sec
DB Standing Single Arm Shoulder Press		4	8-10 each arm	90 sec
DB Lateral Raise SS w/ Shoulder Taps		3	10, 10 each arm	90 sec
Ab Circuit: Side plank, plank, side plank	Do each exercise for set time with no rest between, then repeat for 2 sets	2	30 sec	60 sec