

ELEVATE & THRIVE FITNESS

BACK & BICEPS DAY 1

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
Chin Ups		3	10	60 sec
Barbell Bent Over Row		5	10,8,8,6,6	90 sec
Lat Pulldowns		4	8	90 sec
Barbell Bicep Curl Eccentric	5 sec eccentric	4	8-10	90 sec
Double Cable Reverse flys SS w/ Double Cable High Bicep Curls	lean slightly forward during curls so you are curling with a twist slightly behind you	3	15,12	90 sec
DB Spider Curls		3	10 each	60 sec

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LEGS DAY 2

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
Deadlift	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
Hack Squat		4	8	90 sec
Leg Press		4	10	90 sec
Bulgarian Split Squats		4	8 each leg	2 min
Leg Extension Machine		3	15	60 sec
AB Superset: Hanging Leg Raises, side plank & plank		2	15, 30 sec each side, 30 sec	60 sec

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CHEST, SHOULDERS & TRICEPS DAY 3

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
Bench Press	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10,10,8,8,6,4	2 min
DB Seated Shoulder Press		5	8,8,6,6,4	2 min
Incline Bench DB flys		3	10-12	90 sec
DB Lateral Raises SS w/ DB Shrugs		3	8,12	90 sec
Cable Rope Tricep Extensions		4	12	60 sec
Hanging Tricep Dips SS w/ Push ups		3	10,10	90 sec

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LEGS DAY 4

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p>Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p>	1-2	10-15	1 min
Barbell Back Squats	<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	10,8,8,6,6,4	2 min
Barbell Reverse Lunges		4	8 each leg	2 min
Barbell RDL		4	8	90 sec
Leg Curl Machine Dropset		3	10	60 sec
Calf Raises		3	25	60 sec
Adductor Machine		3	15	60 sec

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BACK, SHOULDERS & ABS DAY 5

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
Parallel Grip Pull Ups		3	10	60 sec
Deadlift		4	8	2 min
Barbell Overhead Shoulder Press		4	6	2 min
Seated Row		4	10	90 sec
DB Single Arm Bent Over Rows SS w/ Reverse Crunches on bench		3	8 each arm, 12	90 sec
EZ bar Upright Row SS w/ EZ bar Front Raises		3	10,10	90 sec
Ab Superset: Weighted Sit Ups, Plate Russian Twists & Lying Leg Raises		3	12,30,10	60 sec