

ELEVATE & THRIVE FITNESS

CHEST & SHOULDERS DAY 1

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
Barbell Incline Bench Press	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10,10,8,8,6,6	2 min
Seated Arnold Press		5	8,8,8,6,6	2 min
Cable Chest Flys SS Cable Leaning Single arm Lateral Raise		4	10, 10 each arm	90 sec
Standing DB Neutral Grip Shoulder Press SS Diamond Push Ups		3	8, 10	90 sec
Front Raise Burnout		1	100	90 sec
Ab Superset: DB Deadbugs & Plank		2	20, 1 min	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 4 Working Sets For a total of 6 sets	6	10,8,8,6,6,4	2 min
Barbell Deficit Reverse Lunges		4	6 each leg	2 min
Barbell RDL SS w/ Barbell Good Mornings		3	8,12	90 sec
Single Leg Hamstring Curl machine		3	10 each leg	60 sec
Abductor Machine		3	15	60 sec
Plank		1	2 min	N/A

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BACK & ARMS 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
Pull Ups		3	10	60 sec
T-bar Row		4	8	90 sec
Lat Pulldowns		4	8	90 sec
Preacher Curls		4	8	90 sec
Cable Rope Overhead Tricep Extension SS w/ Cable Rope Hammer Curls		3	12, 10	90 sec
DB Bicep 21's	7 reps at bottom half, 7 reps @ top half & 7 reps full ROM	3	7,7,7	90 sec
EZ Bar Skull Crushers		3	10	60 sec

ELEVATE & THRIVE FITNESS

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
Barbell Back Squat	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets	6	10,8,6,6,4,4	2 min
Leg Press Narrow Stance		4	8	90 sec
Landmine 21's	7 Goblet squat (holding landmine bar at chest in goblet position) , 7 RDL, 7 Sumo Squat (holding landmine bar between legs)	3	7,7,7	2 min
Walking lunges		3	10 each leg	2 min
Leg Extensions Machine Eccentric	5 sec eccentric	3	10	90 sec
Calf Raises		3	25	60 sec

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BACK, CHEST & 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
Deadlift		5	10,8,8,6,6	2 min
DB Narrow Grip Chest Press		4	8-10	90 sec
Wide Grip Seated Row		4	8-10	90 sec
Flat Bench Chest Flys SS w/ DB Reverse Flys		3	10,12	90 sec
Decline Push Ups		3	15	90 sec
Ab Superset: Hanging Leg Raises, Knee hug IN-OUT crunches & side plank with twist		3	12,15, 30 sec each side	60 sec