

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 Back Squats | 2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets | 5 | 10,10,8,8,6 | 2 min |
| Bulgarian Split Squats | | 4 | 8 each leg | 2 min |
| Walking Lunges SS Heel Elevated Goblet Squats | | 3 | 10 each leg, 12 | 2 min |
| Leg Press Dropset | | 3 | 12-15, 12 | 90 sec |
| Leg Extension Machine | | 3 | 10 | 60 sec |
| Stairmaster | | 1 | 20 min | N/A |

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PUSH DAY 2

| 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 |
| Push Ups | | 3 | 10 | 60 sec |
| Bench Press | | 4 | 8 | 2 min |
| Barbell Overhead Shoulder Press | | 3 | 8-10 | 2 min |
| Cable Chest Flys SS w/ Cable Rope Tricep Extension | | 3 | 10,12 | 90 sec |
| EZ Bar Skull Crushers SS w/ EZ Bar Front Raises | | 3 | 10,10 | 90 sec |
| Ab superset: Hanging Leg Raises & Side Plank with Twist | | 2 | 15, 30 sec each side | 60 sec |
| Incline Walking or Running | If running, do not incline | 1 | 20 min | N/A |

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LEGS DAY 3

| 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 | | 4 | 6-8, 8-10 | 2 min |
| Barbell Deficit Lunges | | 4 | 8 each leg | 2 min |
| Barbell RDL | | 4 | 8-10 | 90 sec |
| Leg Curl Machine Eccentric | | 4 | 10-12 | 60 sec |
| Calf Raises | | 3 | 25 | 60 sec |
| Adductor Machine | | 3 | 15 | 60 sec |
| Stairmaster | | 1 | 20 min | N/A |

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PULL DAY 4

| 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 |
| Chin Ups | | 3 | 10 | 60 sec |
| Lat Pulldowns | | 4 | 8-10 | 90 sec |
| Barbell Bent Over Row Supinated grip | | 4 | 8 | 90 sec |
| Barbell Bicep Curl Eccentric | 5 sec eccentric | 4 | 8 | 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 | 12,10 | 90 sec |
| DB Bicep 21's | 7 reps at bottom half, 7 reps @ top half & 7 reps full ROM | 2 | 7,7,7 | 90 sec |
| Incline Walking or Running | If running, do not incline | 1 | 20 min | N/A |
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ELEVATE & THRIVE FITNESS

LEGS & SHOULDERS DAY 5

| EXERCISE | NOTES | SETS | REPS | REST |
|--|--|------|-------------|--------|
| Warm up | <p>Dynamic stretching: 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>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p> | 1-2 | 10-15 | 1 min |
| Farmers Carry | | 3 | 45 sec | 60 sec |
| Deadlift | | 3 | 8-10 | 2 min |
| Barbell Thruster | | 3 | 8 | 2 min |
| DB Seated Arnold Press | | 3 | 8-10 | 90 sec |
| Hack Squat | | 3 | 10 | 90 sec |
| DB Lateral Raises | | 3 | 12 | 60 sec |
| Ab Superset: Deadbug, russian twists, plank | | 2 | 20,30,1 min | 60 sec |
| Treadmill Sprints | 30 sec sprints, 30 sec walking, 30 sec sprints and so on for 15 min total | 1 | 15 min | N/A |