

ELEVATE & THRIVE FITNESS

LEGS DAY 1

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
Hack Squat with Pause	<p>2 Warm Up Sets (RPE 5 on warm up sets)</p> <p>Followed by 3 Working Sets</p> <p>For a total of 5 sets</p>	5	10,10,8,8,8	2 min
Barbell RDL SS w/ Barbell Good Mornings		4	8,10	2 min
Barbell Bulgarian Split Squats		4	8 each leg	2 min
Leg Curl Machine		3	12	60 sec
Abductor Machine		3	20	60 sec
Bicycle		1	15 min	N/A

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PULL 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
Pull Ups		3	10	60 sec
Deadlift		4	8	2 min
Seated Row		4	8-10	90 sec
Preacher Curls		4	8-10	90 sec
DB Single Arm Bent Over Row SS w/ DB Spider Curls		3	8 each arm, 10 each arm	90 sec
Cable Hammer Curl Dropset		2	10,15,20	90 sec
Ab Superset: Hanging Leg Raises & Weighted Sit Ups		2	15,15	60 sec
Incline Walking or Running	If running, do not incline	1	15 min	N/A

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CARDIO & ABS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
2 OPTIONS: DO CARDIO HIIT CIRCUIT BELOW OR WALK/RUN FOR 60 MIN				
Cardio HIIT Circuit:	Do each exercise below for set time with 15 sec rest between each exercise, break after all exercises are complete and then repeat for 4 rounds	4		
DB Thruster			45 sec	15 sec
Push Ups			45 sec	15 sec
Mountain Climbers			45 sec	15 sec
DB Reverse Lunges			45 sec	15 sec
Kettlebell Swings			45 sec	15 sec
Bicycle abs			45 sec	15 sec
Burpees			45 sec	2-3 min

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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
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	10,10,8,8,6,6	2 min
Leg Press		4	8-10	90 sec
Landmine 21's	<p>7 Goblet squat (holding landmine bar at chest in goblet position) , 7 RDL, 7 Sumo Squat (holding landmine bar between legs)</p>	3	7,7,7	2 min
Leg Extension Machine Dropset		3	10,15,20	90 sec
Calf Raises		3	25	60 sec
Bicycle		1	15 min	N/A

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PUSH 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
Incline Bench Press	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
DB Seated Shoulder Press		4	8	2 min
EZ Bar Upright Row SS w/ EZ bar Overhead Tricep Extensions		3	10,12	90 sec
DB Flat Bench Flys SS w/ DB Lateral Raises		3	10,10	60 sec
Hanging Tricep Dips		3	10	60 sec
Diamond Push Ups		2	15	60 sec
Incline Walking or running	If running, do not incline	1	15 min	N/A