

ELEVATE & THRIVE FITNESS

PUSH 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
Push Ups		3	10	60 sec
Seated DB Shoulder Press		4	8	90 sec
Flat Bench DB narrow Chest Press SS w/ DB lying Skull Crushers		3	10,12	90 sec
Incline Bench Chest Flys SS w/ Lateral Raises		3	10,10	90 sec
Front Raise Burnout		1	75	N/A

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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
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	8-10, 10-12	2 min
Leg Press		4	10 each	90 sec
DB Bulgarian Split Squats		3	10-12	90 sec
Leg Extension machine		3	8-10	60 sec

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PULL DAY & ABS 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	use band or machine if needed	2	to failure	90 sec
Barbell Deadlift		3	8	90 sec
Barbell Bent Over Row		3	10	90 sec
Barbell Bicep Curl		3	10	90 sec
DB alternating Hammer Curl		2	12 each arm	60 sec
Dead bugs		2	20 total	60 sec
Plank		1	1 min	N/A

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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 Hip Thrusts	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10,10,8,8,8	2 min
Barbell RDL		4	10	90 sec
DB Reverse Lunges		3	10 each leg	90 sec
Abductor Machine		3	15	60 sec