

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 Deadlift	2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets	5	10	2 min
Barbell Deficit Reverse Lunges		3	10 each leg	2 min
DB lateral Step Ups		3	12-15	90 sec
Banded Glute Bridge SS w/ Calf raises		3	15,20	60 sec

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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
DB Incline Chest Press		3	10	90 sec
DB Arnold Press		4	8	90 sec
EZ bar Upright Rows		3	10-12	60 sec
Cable Rope Tricep Extensions SS w/ Cable Rope Front Raise		3	15,12	90 sec
DB Flat Bench Chest Flys		2	12	60 sec

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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
Barbell Hip Thrust with Pause	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		3	8-10	90 sec
DB heavy Sumo Squat		3	10-12	90 sec
Lying Leg Curl		3	12-15	60 sec

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PULL DAY & ABS 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
Lat Pulldown		4	8	90 sec
Seated Row		3	10	90 sec
Cable Rope Face Pulls SS w/ Cable Rope Hammer Curls		3	10,12	90 sec
Incline bench DB lying reverse Y flys Superset w/ incline bench DB spider curls		2	12, 10	60 sec
Ab Superset: Lying Leg Raises & Slow Crossbody Mountain Climbers		2	15,20	60 sec