

ELEVATE & THRIVE FITNESS

GLUTES & HAMSTRINGS 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
Barbell Hip Thrust with Pulse	<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	12,10,8,8,6	2 min
Barbell RDL		4	8-10	90 sec
Barbell Reverse Lunges		3	8 each leg	2 min
Machine seated Hamstring Curl		3	12	60 sec
Abductor Machine		3	20	60 sec
Incline Walking		1	20 min	N/A

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SHOULDERS & CHEST DAY 2

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p>Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p>	1-2	10-15	1 min
Neutral Grip Machine Assisted Pull ups		3	10	60 sec
DB Seated Shoulder Press		5	8	2 min
Barbell Bench Press		5	8	2 min
EZ Bar Upright Row SS w/ EZ Bar Front Raise		3	10,12	90 sec
Incline Chest Flys SS w/ Lateral Raises		3	12,10	90 sec
Incline Walking		1	20 min	N/A

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CARDIO & ABS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
Warm up	walk on treadmill	1	5 min	1 min
Full body HIIT Circuit:	Do each exercise below once for set time & then repeat 5 times with 2 min rest between each full set			
Burpess		5	45 sec	15 sec
Push ups		5	45 sec	15 sec
DB thruster		5	45 sec	15 sec
DB forward lunge with bicep curl		5	45 sec	15 sec
Squat Jump		5	45 sec	2 min
Ab circuit:	Do each ab exercise for set time with no rest between each exercise, then repeat 3 times			
Dead bugs		3	45 sec	none
Reverse Crunches		3	45 sec	none
Bear Plank		3	45 sec	60 sec

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QUADS & GLUTES 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
Barbell Squats	<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	8	2 min
Narrow Stance Leg Press		4	10	90 sec
DB Bulgarian Split Squat		3	10 each leg	90 sec
Leg Extension Machine		4	10	60 sec
DB standing Calf Raises		3	25	60 sec
Incline Walking		1	20 min	N/A

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BACK & ARMS 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
Lat Pulldowns SS w/ Reverse Grip Lat Pulldowns		4	8,8	90 sec
Seated row		4	10	90 sec
Barbell Bicep Curls Eccentric	5 sec eccentric	4	8	90 sec
Cable Rope Face Pulls SS w/ Cable Rope Overhead Tricep Extensions		3	12,12	90 sec
Cable Rope Tricep pulldown SS w/ Cable Rope Hammer Curls		3	12,12	60 sec
Incline Walking		1	20 min	N/A