

ELEVATE & THRIVE FITNESS

QUADS & GLUTES 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
KAS Hip Thrust		4	10	90 sec
Barbell Back Squats		4	8	2 min
DB Deficit Reverse Lunge		3	10 each leg	2 min
Leg Extension Machine		3	12	60 sec
Cable Medius Kickbacks		2	20 each leg	60 sec
Incline Walking		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
Chin Ups	Use Band if needed	3	10	60 sec
Barbell Bent Over Rows		4	8	90 sec
Reverse Grip Lat Pulldown		3	10	90 sec
Seated Row		3	10	90 sec
Barbell Bicep Curl		4	8	90 sec
Incline bench DB lying reverse Y flys Superset w/ incline bench DB spider curls		3	12, 10	90 sec
Ab Circuit: Deadbug & Bear Plank	Do each exercise for set time with no rest between, then repeat for 3 sets	3	30 sec each	60 sec

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CARDIO & ABS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
Incline Speed Walk		1	30 min	N/A
Abs Superset:	Do each exercise below for set reps with no rest between, then repeat for 3 sets	3		
Slow Mountain Climbers		3	20	none
Russian Twists		3	30	none
Leg Raises		3	12	none
Plank		3	45 sec	2 min

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GLUTES & HAMSTRINGS 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 Deadlifts		4	8	2 min
Barbell RDL		4	8	90 sec
Leg Press Sumo Stance		3	10	90 sec
DB B-stance Hip Thrust SS w/ DB KAS Hip Thrust		3	10 each leg, 15	90 sec
Leg Curl Machine		2	15	60 sec
Incline Walking		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
Barbell Overhead Shoulder Press		4	6-8	2 min
DB Chest Press		4	8	2 min
Incline Chest Flys SS w/ Plate Front Raises		3	10,10	90 sec
Cable Straight Bar Reverse Grip Tricep Pulldown		3	12	60 sec
DB Lateral Raises		4	10	60 sec
Treadmill Sprints	30 sec sprints, 1 min walk, 30 sec sprint, 1 min walk... etc. for 15 min total	1	15 min	N/A