

# ELEVATE & THRIVE FITNESS

## GLUTES & HAMSTRINGS DAY 1

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<b>Dynamic stretching:</b> body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc. <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
<b>Barbell Hip Thrust with Pause</b>	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
<b>Barbell Reverse Lunges</b>		4	8 each leg	2 min
<b>DB Single Leg RDL SS Calf Raises</b>		3	10 each leg, 20	90 sec
<b>Single Leg Hamstring Curl Machine</b>		3	10 each leg	60 sec
<b>Incline Walking</b>		1	15 min	N/A

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## PUSH DAY 2

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
Bench Press		4	8	2 min
DB Seated Shoulder Press		4	8	2 min
EZ bar Upright Rows		3	10	90 sec
Decline Push Ups SS w/ DB single arm learning lateral Raises		3	8,10 each arm	90 sec
Cable Rope Overhead Tricep Extension SS w/ Cable Rope Front Raises		3	12, 10	90 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

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## CARDIO & ABS DAY 3

EXERCISE	NOTES	SETS	REPS	REST
<b>HIIT Circuit:</b>	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	45 sec	
<b>Burpess</b>			45 sec	15 sec
<b>Push Ups</b>			45 sec	15 sec
<b>Crossbody Mountain Climbers</b>			45 sec	15 sec
<b>DB Thruster</b>			45 sec	15 sec
<b>DB walking Lunges</b>			45 sec	15 sec
<b>Bicycle abs</b>			45 sec	15 sec
<b>Squat Jump</b>			45 sec	15 sec
<b>Plank</b>			45 sec	2 min

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## QUADS & GLUTES DAY 4

EXERCISE	NOTES	SETS	REPS	REST
Warm up	<p><b>Dynamic stretching:</b> body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p><b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b></p>	1-2	10-15	1 min
Barbell Back Squat		4	8	2 min
Leg Press		4	10	90 sec
DB Bulgarian Split Squat		3	8 each leg	2 min
DB Step Ups		3	10 each leg	90 sec
Abductor Machine		3	15	60 sec
Incline Walking		1	15 min	N/A

# ELEVATE & THRIVE FITNESS

## PULL DAY 5

EXERCISE	NOTES	SETS	REPS	REST
<b>Warm up</b>	<b>Dynamic stretching:</b> arm circles, band pull aparts, band around the world, push ups, DB rotators <b>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</b>	1-2	10-15	1 min
<b>Assisted Pull Ups</b>		3	till failure	90 sec
<b>Lat Pulldown</b>		4	8	90 sec
<b>Seated Wide Grip bar Row</b>		3	10	90 sec
<b>DB Bicep Curls Eccentric</b>	5 sec eccentric	3	8	90 sec
<b>DB Single Arm Bent Over Row SS w/ DB alternating Crossbody Curls</b>		3	10 each arm, 10 each arm	90 sec
<b>Ab Circuit: Dead bug and hollow body hold</b>	Do each exercise for set time with no rest between, then repeat for 3 sets	3	30 sec each	60 sec