

|               |                     |                     |
|---------------|---------------------|---------------------|
| <b>Step 1</b> | <b>Name:</b>        |                     |
|               | <b>Day:</b>         | <b>Monday</b>       |
|               | <b>Rep Count:</b>   |                     |
|               | <b>Body Part(s)</b> | <b>Full Body #1</b> |

| <b>Step 1</b><br>Warmup |          |
|-------------------------|----------|
| Exercise                | Duration |
| Row                     | 2-3 mins |
|                         |          |
|                         |          |

| <b>Step 2</b><br>Core Training |      |           |       |        |
|--------------------------------|------|-----------|-------|--------|
| Exercise                       | Sets | Reps      | Tempo | Rest   |
| Plank                          | 3    | 30-60 sec |       | 45 sec |
|                                |      |           |       |        |
|                                |      |           |       |        |

| <b>Step 3</b> | <b>Resistance Training Program</b> |             |      |       |        |           |
|---------------|------------------------------------|-------------|------|-------|--------|-----------|
|               | Exercise                           | Sets        | Reps | Rest  | tempo  |           |
|               | Barbell Squat                      | proper form | 5    | 6-8   | 90 sec | explosive |
|               | Chin Ups                           |             | 4    | 6-8   | 90 sec | 3-0-1-0   |
|               | Standing Military Press            |             | 4    | 6-8   | 60 sec | explosive |
|               | Romanian Deadlift                  |             | 4    | 8-10  | 60 sec | 3-0-1-1   |
|               | Arnold Shoulder Press              |             | 4    | 15-20 | 60 sec | 3-0-1-1   |
|               | Glute Bridges                      |             | 3    | 20    | 30 sec | fast      |
|               |                                    |             |      |       |        |           |
|               |                                    |             |      |       |        |           |
|               |                                    |             |      |       |        |           |
|               |                                    |             |      |       |        |           |
|               |                                    |             |      |       |        |           |

| <b>Step 4</b> | <b>Cardiorespiratory Program</b> |            |       |
|---------------|----------------------------------|------------|-------|
|               | Exercise                         | Duration   | Notes |
|               | Anything                         | 15-20 mins |       |

| <b>Step 5</b> | <b>Cool Down</b> |          |
|---------------|------------------|----------|
|               | Exercise         | Duration |
|               |                  | 2-3 mins |

| <b>Step 6</b> | <b>Stretch</b>    |      |            |
|---------------|-------------------|------|------------|
|               | Static Stretching | Sets | Duration   |
|               | Quads             |      | 30-60 secs |
|               | Hamstrings        |      | 30-60 secs |
|               | Hip Flexors       |      | 30-60 secs |
|               | Adductors         |      | 30-60 secs |

|               |                      |                |
|---------------|----------------------|----------------|
| <b>Step 1</b> | <b>Name:</b>         |                |
|               | <b>Day:</b>          | <b>Tuesday</b> |
|               | <b>Rep Count:</b>    |                |
|               | <b>Workout time:</b> |                |
|               | <b>Body Part(s)</b>  |                |

|               |               |          |
|---------------|---------------|----------|
| <b>Step 1</b> | <b>Warmup</b> |          |
|               | Exercise      | Duration |
|               |               |          |
|               |               |          |

|               |                      |      |      |       |      |
|---------------|----------------------|------|------|-------|------|
| <b>Step 2</b> | <b>Core Training</b> |      |      |       |      |
|               | Exercise             | Sets | Reps | Tempo | Rest |
|               |                      |      |      |       |      |
|               |                      |      |      |       |      |

|               |                                    |      |      |      |       |
|---------------|------------------------------------|------|------|------|-------|
| <b>Step 3</b> | <b>Resistance Training Program</b> |      |      |      |       |
|               | Exercise                           | Sets | Reps | Rest | Tempo |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
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|               |                                    |      |      |      |       |

|               |                                  |          |       |
|---------------|----------------------------------|----------|-------|
| <b>Step 4</b> | <b>Cardiorespiratory Program</b> |          |       |
|               | Exercise                         | Duration | Notes |
|               |                                  |          |       |

|               |                  |          |
|---------------|------------------|----------|
| <b>Step 5</b> | <b>Cool Down</b> |          |
|               | Exercise         | Duration |
|               |                  |          |

|               |                   |      |          |
|---------------|-------------------|------|----------|
| <b>Step 6</b> | <b>Stretch</b>    |      |          |
|               | Static Stretching | Sets | Duration |
|               |                   |      |          |
|               |                   |      |          |
|               |                   |      |          |

|                      |                    |
|----------------------|--------------------|
| <b>Name:</b>         |                    |
| <b>Day:</b>          | <b>Wednesday</b>   |
| <b>Rep Count:</b>    |                    |
| <b>Workout time:</b> |                    |
| <b>Body Part(s)</b>  | <b>Full Body 2</b> |

| <b>Step 1</b><br>Warmup |          |
|-------------------------|----------|
| Exercise                | Duration |
| Bike                    | 5min     |
|                         |          |
|                         |          |

| <b>Step 2</b><br>Core Training |      |      |       |      |
|--------------------------------|------|------|-------|------|
| Exercise                       | Sets | Reps | Tempo | Rest |
| Hanging Leg Raises             | 3    | 10   |       | 60   |
|                                |      |      |       |      |
|                                |      |      |       |      |

| <b>Step 3</b> Resistance Training Program |                                 |      |      |        |         |  |
|---|---------------------------------|------|------|--------|---------|--|
| Exercise                                  |                                 | Sets | Reps | Rest   | Tempo   |  |
| Power Cleans                              | start with bar and learn slowly | 4    | 3-6  | 2mins  | explode |  |
| Front Squat                               |                                 | 5    | 3-5  | 90 sec | --      |  |
| Bent Over Barbell Row                     | Flat back                       | 5    | 5    | 2 mins | 3-1-1-1 |  |
| Barbell Bench Press                       |                                 | 5    | 3-5  | 90 sec | explode |  |
| Lateral Raise                             |                                 | 3    | 20   | 60 sec | 3-1-1-1 |  |
|   |                                 |      |      |        |         |  |
|   |                                 |      |      |        |         |  |
|   |                                 |      |      |        |         |  |
|   |                                 |      |      |        |         |  |
| BIKE SPRINTS:                             |                                 |      |      |        |         |  |
| 30sec Sprint                              |                                 | 3    |      | 3min   | 75-80%  |  |
| 20sec Sprint                              |                                 | 3    |      | 2min   | 80-85%  |  |
| 10sec Sprint                              |                                 | 3    |      | 1min   | 90% +   |  |

| <b>Step 4</b> Cardiorespiratory Program |          |       |  |
|---|----------|-------|--|
| Exercise                                | Duration | Notes |  |
| See above                               |          |       |  |

| <b>Step 5</b> Cool Down |          |
|-------------------------|----------|
| Exercise                | Duration |
| Bike                    | 2-3 min  |

| <b>Step 6</b> Stretch |      |          |
|-----------------------|------|----------|
| Static Stretching     | Sets | Duration |
|                       |      |          |
|                       |      |          |
|                       |      |          |
|                       |      |          |

|               |                     |                 |
|---------------|---------------------|-----------------|
| <b>Step 1</b> | <b>Name:</b>        |                 |
|               | <b>Day:</b>         | <b>Thursday</b> |
|               | <b>Rep Count:</b>   |                 |
|               | <b>Body Part(s)</b> |                 |

| <b>Step 1</b><br>Warmup |          |
|-------------------------|----------|
| Exercise                | Duration |
|                         |          |
|                         |          |
|                         |          |

| <b>Step 2</b><br>Core Training |      |      |       |      |
|--------------------------------|------|------|-------|------|
| Exercise                       | Sets | Reps | Tempo | Rest |
|                                |      |      |       |      |
|                                |      |      |       |      |
|                                |      |      |       |      |

| <b>Step 3</b> | Resistance Training Program |      |      |      |       |
|---------------|-----------------------------|------|------|------|-------|
|               | Exercise                    | Sets | Reps | Rest | Tempo |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |
|               |                             |      |      |      |       |

| <b>Step 4</b> | Cardiorespiratory Program |          |       |
|---------------|---------------------------|----------|-------|
|               | Exercise                  | Duration | Notes |
|               |                           |          |       |

| <b>Step 5</b> | Cool Down |          |
|---------------|-----------|----------|
|               | Exercise  | Duration |
|               |           |          |

| <b>Step 6</b> | Stretch           |      |          |
|---------------|-------------------|------|----------|
|               | Static Stretching | Sets | Duration |
|               |                   |      |          |
|               |                   |      |          |
|               |                   |      |          |

|               |                     |                    |
|---------------|---------------------|--------------------|
| <b>Step 1</b> | <b>Name:</b>        |                    |
|               | <b>Day:</b>         | <b>Friday</b>      |
|               | <b>Rep Count:</b>   |                    |
|               | <b>Body Part(s)</b> | <b>Full Body 3</b> |

| <b>Step 1</b><br>Warmup |          |
|-------------------------|----------|
| Exercise                | Duration |
| Row Machine             | 5min     |
|                         |          |
|                         |          |

| <b>Step 2</b><br>Core Training |      |      |       |      |
|--------------------------------|------|------|-------|------|
| Exercise                       | Sets | Reps | Tempo | Rest |
|                                |      |      |       |      |
|                                |      |      |       |      |
|                                |      |      |       |      |

| <b>Step 3</b> | <b>Resistance Training Program</b> |      |       |        |         |
|---------------|------------------------------------|------|-------|--------|---------|
|               | Exercise                           | Sets | Reps  | Rest   | Tempo   |
|               | Hip Thrust                         | 4    | **    | 90 sec | explode |
|               | Pullups                            | 4    | max   | 90     |         |
|               | Incline Bench Press                | 4    | 12-15 | 90     | 3-1-1-1 |
|               | Bulgarian Split Squat              | 4    | 8     | 60     | 3-1-1-1 |
|               | Cable Bicep Curl                   | 3    | 12    | -      | 3-0-1-0 |
|               | Tricep Pushdown                    | 3    | 12    | 60     | 3-0-1-0 |
|               |                                    |      |       |        |         |
|               |                                    |      |       |        |         |
| **10-8-6-15   |                                    |      |       |        |         |
|               |                                    |      |       |        |         |
|               |                                    |      |       |        |         |

| <b>Step 4</b>   | <b>Cardiorespiratory Program</b> |          |       |
|---|----------------------------------|----------|-------|
|   | Exercise                         | Duration | Notes |
| Take your pick. Try a crossfit WOD. Look any of them up on google, there's a million. |                                  |          |       |
| Try a short one and see if you like it. (WOD = workout of the day)                    |                                  |          |       |

| <b>Step 5</b> | <b>Cool Down</b> |          |
|---------------|------------------|----------|
|               | Exercise         | Duration |
|               | Row              | 2 mins   |

| <b>Step 6</b> | <b>Stretch</b>    |      |          |
|---------------|-------------------|------|----------|
|               | Static Stretching | Sets | Duration |
|               |                   |      |          |
|               |                   |      |          |
|               |                   |      |          |

|               |                     |                 |
|---------------|---------------------|-----------------|
| <b>Step 1</b> | <b>Name:</b>        |                 |
|               | <b>Day:</b>         | <b>Saturday</b> |
|               | <b>Rep Count:</b>   |                 |
|               | <b>Body Part(s)</b> |                 |

|               |               |          |
|---------------|---------------|----------|
| <b>Step 1</b> | <b>Warmup</b> |          |
|               | Exercise      | Duration |
|               |               |          |
|               |               |          |

|               |                      |      |      |       |      |
|---------------|----------------------|------|------|-------|------|
| <b>Step 2</b> | <b>Core Training</b> |      |      |       |      |
|               | Exercise             | Sets | Reps | Tempo | Rest |
|               |                      |      |      |       |      |
|               |                      |      |      |       |      |

|               |                                    |      |      |      |       |
|---------------|------------------------------------|------|------|------|-------|
| <b>Step 3</b> | <b>Resistance Training Program</b> |      |      |      |       |
|               | Exercise                           | Sets | Reps | Rest | Tempo |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
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|               |                                  |          |       |
|---------------|----------------------------------|----------|-------|
| <b>Step 4</b> | <b>Cardiorespiratory Program</b> |          |       |
|               | Exercise                         | Duration | Notes |
|               |                                  |          |       |

|               |                  |          |
|---------------|------------------|----------|
| <b>Step 5</b> | <b>Cool Down</b> |          |
|               | Exercise         | Duration |
|               |                  |          |

|               |                   |      |          |
|---------------|-------------------|------|----------|
| <b>Step 6</b> | <b>Stretch</b>    |      |          |
|               | Static Stretching | Sets | Duration |
|               |                   |      |          |
|               |                   |      |          |

|               |                     |               |
|---------------|---------------------|---------------|
| <b>Step 1</b> | <b>Name:</b>        |               |
|               | <b>Day:</b>         | <b>Sunday</b> |
|               | <b>Rep Count:</b>   |               |
|               | <b>Body Part(s)</b> |               |

|               |               |          |
|---------------|---------------|----------|
| <b>Step 1</b> | <b>Warmup</b> |          |
|               | Exercise      | Duration |
|               |               |          |
|               |               |          |

|               |                      |      |      |       |      |
|---------------|----------------------|------|------|-------|------|
| <b>Step 2</b> | <b>Core Training</b> |      |      |       |      |
|               | Exercise             | Sets | Reps | Tempo | Rest |
|               |                      |      |      |       |      |
|               |                      |      |      |       |      |

|               |                                    |      |      |      |       |
|---------------|------------------------------------|------|------|------|-------|
| <b>Step 3</b> | <b>Resistance Training Program</b> |      |      |      |       |
|               | Exercise                           | Sets | Reps | Rest | Tempo |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
|               |                                    |      |      |      |       |
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|               |                                  |          |       |
|---------------|----------------------------------|----------|-------|
| <b>Step 4</b> | <b>Cardiorespiratory Program</b> |          |       |
|               | Exercise                         | Duration | Notes |
|               |                                  |          |       |

|               |                  |          |
|---------------|------------------|----------|
| <b>Step 5</b> | <b>Cool Down</b> |          |
|               | Exercise         | Duration |
|               |                  |          |

|               |                   |      |          |
|---------------|-------------------|------|----------|
| <b>Step 6</b> | <b>Stretch</b>    |      |          |
|               | Static Stretching | Sets | Duration |
|               |                   |      |          |
|               |                   |      |          |