



Minimalift

4 Day Upper/Lower

Anatomy of the Minimalift Program

Here's a brief guide to understanding the program.

1. Exercise: Each exercise has a clickable link to a tutorial or demo video.

2. Notes: Here you'll find extra technique cues, or specifics on how to perform the workout effectively.

3. Substitutes: If you can't do the exercise listed, feel free to swap it to either option here. In some cases, no unique substitution is listed as it will already be specified within the tutorial.

Minimalift / FULL BODY					Notes	Substitute 1	Substitute 2
Warm Up							
Pogos	5	20	4			Calf Raise	
Knee Tuck	3	10-15	0-10s		Sit on an elevated surface for more range of motion if desired		
Strength & Condition							
Barbell Squat	6	5	-		Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	Goblet Squat	Leg Press
Z-Press	6	5	-		Rest in the remainder of the 2 minutes.	Seated Press	DB Incline Press
Swole & Flexy							
Dumbbell Press	1	6-10	0s		For additional gains, you can increase by 1 to 2 sets per exercise.	Bench Press	Push Up
Scapula Push Up	1	10	0s		Use this as active rest before going to the next exercise.	Cat Cow	Plank
Dumbbell RDL	1	6-10	60s		Pause on final rep for 10 seconds in the stretch position	Barbell RDL	Single Leg RDL
Accessories							
Y-Raise	1	10-15	0s			DB Lateral Raise	Band Lateral Raise
Squat Curl	1	10-15	0s		Feel free to add extra sets if time permits	Incline Curl	Preacher Curl
Katana Extension	1	10-15	0s			DB Overhead Ext	DB Side Lying Ext
Minimalift Program 2 Day Split							

4. Rest: Rest periods are to be used as rough guidelines - If you feel you need longer/shorter, feel free to adjust.

5. Sets: Outside of the Strength & Condition section, feel free to add extra sets if time permits. This is designed as the Minimalist approach, but there's plenty of room to sneak in more work if you want it! Unless otherwise stated, assume sets listed are for work sets only - take as many sets as you need to warm up appropriately before hand.

The Training Split

How you decide to split up your training days will largely depend on which version of the program you're running.

See below for some examples, but feel free to shift the workouts to different days of the week or add extra training days to best suit your schedule.

2 Day Full Body

Day	Workout
Monday	Full Body 1
Tuesday	Rest or Cardio
Wednesday	Rest Day
Thursday	Full Body 2
Friday	Rest or Bonus Workout
Saturday	At Home Mobility or Cardio
Sunday	Rest Day

3 Day Full Body

Day	Workout
Monday	Full Body 1
Tuesday	Rest or Cardio
Wednesday	Full Body 2
Thursday	Rest or Cardio
Friday	Full Body 3
Saturday	Rest or Bonus Workout
Sunday	Rest Day

4 Day Upper/Lower

Day	Workout
Monday	Upper Body 1
Tuesday	Lower Body 1
Wednesday	Rest Day
Thursday	Upper Body 2
Friday	Lower Body 2
Saturday	Rest or Bonus Workout
Sunday	Rest Day

5 Day Upper/Lower/Full Body

Day	Workout
Monday	Upper Body 1
Tuesday	Lower Body 1
Wednesday	Rest Day or Cardio
Thursday	Upper Body 2
Friday	Lower Body 2
Saturday	Rest or Bonus Workout
Sunday	Rest Day

Training Phases

This program is split into three distinct phases. Each, building on the previous with a specific focus and progression in mind.

Here's a general overview on what to expect in each Phase

Phase 1: The Base. You'll see slightly higher reps, shorter rest periods and exercise selection that focuses more on improving your range of motion & endurance. This lays the foundation for recovery and joint integrity to allow you to push harder in future phases without burning out.

Phase 2: The Build. The main work will shift to allow you to lift slightly heavier weights to improve the efficiency of your nervous system; allowing you to activate your high threshold motor units more effectively to build size and strength.

We strategically use extra pauses and partial reps here to supercharge the hypertrophic and mobility response.

Phase 3: The Peak. You'll be lifting your heaviest weights at this point. In the main work, your set volume will decrease and rest periods go up to allow you to unlock all the strength you've been building over the previous 2 phases.

I recommend you run each phase for 4 weeks at minimum, but if you're making good progress on it, feel free to extend it for up to 8 weeks at a time.



Phase 1

Minimalift / LOWER BODY 1

Phase 1

Week 1: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Pogos</u>	3	20	0-10s	Stay light on your feet and keep soft knees	<u>Calf Raise</u>	-
Strength & Condition						
<u>Barbell Squat</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Knee Tuck</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	-	-
Swole & Flexy						
<u>Dumbbell RDL</u>	2	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
Accessories						
<u>Seated Good Morning</u>	2	10-15	0s	2 second pause at the bottom of each rep.	-	-
<u>Couch Stretch</u>	2	30s e/s	60s	Perform this immediately after each set of SGMs, then rest and return to SGMs	-	-

Minimalift / UPPER BODY 1

Phase 1

Week 1: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
Z-Press	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Seated Press</u>	<u>DB Incline Press</u>
Chin Up	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Press</u>	2	6-10	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Pullover + Skullcrusher</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	-	-

Minimalift / LOWER BODY 2

Phase 1
Week 1: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Deadlift</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	AMRAP	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Deficit Reverse Lunge</u>	2	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	2	20s e/s	60s	Select your choice of difficulty	-	-
Accessories						
<u>Backwards Treadmill Walk</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Suitcase March</u>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

Minimalift / UPPER BODY 2

Phase 1

Week 1: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Close Grip Bench Press</u>	2	8-12	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Close Grip Push Up</u>	<u>Dip</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of CGBP. Then rest and return to CGBP	-	-
Accessories						
<u>Y Raise</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 1
Week 2: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Split Stance Pogos</u>	3	10e/s	0-10s	Keep your knees soft and stay light on your toes.	<u>Calf Raise</u>	-
Strength & Condition						
<u>Barbell Squat</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Single Leg Lift</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	-	-
Swole & Flexy						
<u>Dumbbell RDL</u>	2	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
Accessories						
<u>Seated Good Morning</u>	2	10-15	0s	2 second pause at the bottom of each rep.	-	-
<u>Couch Stretch</u>	2	30s e/s	60s	Perform this immediately after each set of SGMs, then rest and return to SGMs	-	-

Minimalift / UPPER BODY 1

Phase 1

Week 2: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
Z-Press	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Seated Press</u>	<u>DB Incline Press</u>
Chin Up	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Press</u>	2	6-10	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Pullover + Skullcrusher</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	-	-

Minimalift / LOWER BODY 2

Phase 1
Week 2: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Deadlift</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	AMRAP	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Deficit Reverse Lunge</u>	2	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	2	20s e/s	60s	Select your choice of difficulty	-	-
Accessories						
<u>Backwards Treadmill Walk</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Suitcase March</u>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

Minimalift / UPPER BODY 2

Phase 1

Week 2: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Close Grip Bench Press</u>	2	8-12	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Close Grip Push Up</u>	<u>Dip</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of CGBP. Then rest and return to CGBP	-	-
Accessories						
<u>Y Raise</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 1

Week 3: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Split Exchange Pogos</u>	3	10e/s	0-10s	Stay light on your feet and keep your knees soft.	<u>Calf Raise</u>	-
Strength & Condition						
<u>Barbell Squat</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Lying Leg Raise</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	-	-
Swole & Flexy						
<u>Dumbbell RDL</u>	2	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
Accessories						
<u>Seated Good Morning</u>	2	10-15	0s	2 second pause at the bottom of each rep.	-	-
<u>Couch Stretch</u>	2	30s e/s	60s	Perform this immediately after each set of SGMs, then rest and return to SGMs	-	-

Minimalift / UPPER BODY 1

Phase 1

Week 3: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
Z-Press	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Seated Press</u>	<u>DB Incline Press</u>
Chin Up	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Press</u>	2	6-10	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Pullover + Skullcrusher</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	-	-

Minimalift / LOWER BODY 2

Phase 1
Week 3: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Deadlift</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	AMRAP	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Deficit Reverse Lunge</u>	2	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	2	20s e/s	60s	Select your choice of difficulty	-	-
Accessories						
<u>Backwards Treadmill Walk</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Suitcase March</u>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

Minimalift / UPPER BODY 2

Phase 1
Week 3: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Close Grip Bench Press</u>	2	8-12	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Close Grip Push Up</u>	<u>Dip</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of CGBP. Then rest and return to CGBP	-	-
Accessories						
<u>Y Raise</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 1
Week 4: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Wall Assisted Pogo</u>	3	20	0-10s	Go for extra height here using the wall assist	<u>Calf Raise</u>	-
Strength & Condition						
<u>Barbell Squat</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Hanging Knee Raise</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	-	-
Swole & Flexy						
<u>Dumbbell RDL</u>	2	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
Accessories						
<u>Seated Good Morning</u>	2	10-15	0s	2 second pause at the bottom of each rep.	-	-
<u>Couch Stretch</u>	2	30s e/s	60s	Perform this immediately after each set of SGMs, then rest and return to SGMs	-	-

Minimalift / UPPER BODY 1

Phase 1

Week 4: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
Z-Press	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Seated Press</u>	<u>DB Incline Press</u>
Chin Up	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Press</u>	2	6-10	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Pullover + Skullcrusher</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	-	-

Minimalift / LOWER BODY 2

Phase 1
Week 4: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Deadlift</u>	AMRAP	3	-	First, work up to a hard 8-10 reps. Then, start a 15 minute timer and perform as many rounds as possible of 3 reps. Track total rounds completed.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	AMRAP	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Deficit Reverse Lunge</u>	2	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	2	20s e/s	60s	Select your choice of difficulty	-	-
Accessories						
<u>Backwards Treadmill Walk</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Suitcase March</u>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

Minimalift / UPPER BODY 2

Phase 1
Week 4: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	First, work up to a hard 8-10 reps on both exercises.	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-	Then, start a 15 minute timer and perform as many rounds as possible of 3 reps on each exercise. Rest as needed. Track total rounds completed.	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Close Grip Bench Press</u>	2	8-12	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Close Grip Push Up</u>	<u>Dip</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of CGBP. Then rest and return to CGBP	-	-
Accessories						
<u>Y Raise</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	2	10-15	0s	Perform as a superset - minimal rest between exercises	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	2	10-15	60s	Perform as a superset - minimal rest between exercises	<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

Phase 2



Minimalift / LOWER BODY 1

Phase 2

Week 1: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Depth Jump</u>	3	5	0-10s	Aim for knee height at most	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 3 RIR Adjust weight as needed to stick to the RIR as you fatigue.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Hanging Knee Raise</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>B-Stance RDL</u>	2	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	2	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
Accessories						
<u>Dual Elevated Hip Thrust</u>	2	8-12	0s	2 second pause at the top of each rep	<u>Glute Bridge</u>	-
<u>Platz Stretch</u>	2	30s	60s	Perform this immediately after each set of Hip Thrusts, then rest and return to Hip Thrusts	<u>Couch Stretch</u>	-

Minimalift / UPPER BODY 1

Phase 2

Week 1: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	10	3-5	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 3 RIR	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	10	3-5	-		<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Incline Dumbbell Press</u>	2	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Bodyweight Skullcrusher</u>	2	10-15	0s	Perform as a superset - no rest between exercises.	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	2	10-15	0s	2 second hold at the top of each rep Perform as a superset - no rest between exercises.	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	2	10-15 e/s	60s	Switch the starting arm on each round. Perform as a superset - no rest between exercises.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 2

Week 1: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 3 RIR Adjust weight as needed to stick to the RIR as you fatigue.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	10	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	Pause in the bottom of each rep for 3 seconds	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
Accessories						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 2

Week 1: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 3 RIR Adjust weight as needed to stick to the RIR as you fatigue.	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-		<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Overhead Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Face Pull</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	2	10-15 e/s	60s	2 second hold at the top of each rep. Perform as a superset. Rest, then return to Face Pulls.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 2

Week 2: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Full ROM Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>B-Stance RDL</u>	2	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	2	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
Accessories						
<u>Dual Elevated Hip Thrust</u>	2	8-12	0s	2 second pause at the top of each rep	<u>Glute Bridge</u>	-
<u>Platz Stretch</u>	2	30s	60s	Perform this immediately after each set of Hip Thrusts, then rest and return to Hip Thrusts	<u>Couch Stretch</u>	-

Minimalift / UPPER BODY 1

Phase 2

Week 2: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	10	3-5	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	10	3-5	-	Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Incline Dumbbell Press</u>	2	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Bodyweight Skullcrusher</u>	2	10-15	0s	Perform as a superset - no rest between exercises.	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	2	10-15	0s	2 second hold at the top of each rep Perform as a superset - no rest between exercises.	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	2	10-15 e/s	60s	Switch the starting arm on each round. Perform as a superset - no rest between exercises.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 2
Week 2: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	10	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	Pause in the bottom of each rep for 3 seconds	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
Accessories						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 2

Week 2: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-		<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Overhead Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Face Pull</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	2	10-15 e/s	60s	2 second hold at the top of each rep. Perform as a superset. Rest, then return to Face Pulls.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 2

Week 3: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Depth Jump</u>	3	5	0-10s	Aim for knee height at most	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Hanging Knee Raise</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>B-Stance RDL</u>	2	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	2	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
Accessories						
<u>Dual Elevated Hip Thrust</u>	2	8-12	0s	2 second pause at the top of each rep	<u>Glute Bridge</u>	-
<u>Platz Stretch</u>	2	30s	60s	Perform this immediately after each set of Hip Thrusts, then rest and return to Hip Thrusts	<u>Couch Stretch</u>	-

Minimalift / UPPER BODY 1

Phase 2

Week 3: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	10	3-5	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	10	3-5	-		<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Incline Dumbbell Press</u>	2	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Bodyweight Skullcrusher</u>	2	10-15	0s	Perform as a superset - no rest between exercises.	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	2	10-15	0s	2 second hold at the top of each rep Perform as a superset - no rest between exercises.	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	2	10-15 e/s	60s	Switch the starting arm on each round. Perform as a superset - no rest between exercises.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 2

Week 3: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	10	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	Pause in the bottom of each rep for 3 seconds	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
Accessories						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 2

Week 3: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 2-3 RIR	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-		<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Overhead Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Face Pull</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	2	10-15 e/s	60s	2 second hold at the top of each rep. Perform as a superset. Rest, then return to Face Pulls.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 2

Week 4: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 1-2 RIR	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Hanging Knee Raise</u>	AMRAP	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>B-Stance RDL</u>	2	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	2	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
Accessories						
<u>Dual Elevated Hip Thrust</u>	2	8-12	0s	2 second pause at the top of each rep	<u>Glute Bridge</u>	-
<u>Platz Stretch</u>	2	30s	60s	Perform this immediately after each set of Hip Thrusts, then rest and return to Hip Thrusts	<u>Couch Stretch</u>	-

Minimalift / UPPER BODY 1

Phase 2

Week 4: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	10	3-5	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 1-2 RIR	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	10	3-5	-	Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 1-2 RIR	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Incline Dumbbell Press</u>	2	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dumbbell Presses, then rest before returning to Dumbbell Press	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Bodyweight Skullcrusher</u>	2	10-15	0s	Perform as a superset - no rest between exercises.	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	2	10-15	0s	2 second hold at the top of each rep Perform as a superset - no rest between exercises.	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	2	10-15 e/s	60s	Switch the starting arm on each round. Perform as a superset - no rest between exercises.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 2
Week 4: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	10	3-5	-	Warm up as required. Set a timer for 10 minutes. EMOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 1-2 RIR	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	10	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	Pause in the bottom of each rep for 3 seconds	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
Accessories						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 2

Week 4: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	AMRAP	3	-	Warm up as required. Set a timer for 20 minutes. E2MOM, do the following: Minute 1: 1 set of 5 at 6 RIR Minute 2: 1 set of 5 at 4 RIR Minute 3-10: Sets of 3-5 at 1-2 RIR	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	AMRAP	3	-		<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Overhead Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Face Pull</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	2	10-15	0s	2 second hold at the top of each rep. Perform as a superset. Minimal rest between exercises	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	2	10-15 e/s	60s	2 second hold at the top of each rep. Perform as a superset. Rest, then return to Face Pulls.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Phase 3



Minimalift / LOWER BODY 1

Phase 3

Week 1: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Broad Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Reverse Crunch</u>	3	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>Romanian Deadlift</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	2	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
Accessories						
<u>Hamstring Bridge</u>	2	8-12	0s	2 second pause at the top of each rep	-	-
<u>Long Lunge Hold</u>	2	30s	60s	Add weight if desired	-	-

Minimalift / UPPER BODY 1

Phase 3

Week 1: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dip</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dips, then rest before returning to Dips	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Incline Skullcrusher</u>	2	10-15	0s	-	<u>Bodyweight Skullcrusher</u>	<u>Close Grip Push Up</u>
<u>Barbell Row</u>	2	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>DB Row - Dual</u>
<u>Lateral Raise + Hold</u>	2	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 3

Week 1: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	3	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Walking Lunge</u>	2	8-12 e/s	0s	Perform as a superset. Minimal rest between exercises	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Pike Raise</u>	2	10 e/s	60s	Perform as a superset. Minimal rest between exercises	<u>Plank</u>	<u>Hanging Knee Raise</u>
Accessories						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 3
Week 1: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Push Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Single Arm Cable Y Raise</u>	1	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	1	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 3

Week 2: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Broad Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Reverse Crunch</u>	3	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>Romanian Deadlift</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	2	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
Accessories						
<u>Hamstring Bridge</u>	2	8-12	0s	2 second pause at the top of each rep	-	-
<u>Long Lunge Hold</u>	2	30s	60s	Add weight if desired	-	-

Minimalift / UPPER BODY 1

Phase 3

Week 2: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dip</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dips, then rest before returning to Dips	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Incline Skullcrusher</u>	2	10-15	0s	-	<u>Bodyweight Skullcrusher</u>	<u>Close Grip Push Up</u>
<u>Barbell Row</u>	2	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>DB Row - Dual</u>
<u>Lateral Raise + Hold</u>	2	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 3

Week 2: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	3	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Walking Lunge</u>	2	8-12 e/s	0s	Perform as a superset. Minimal rest between exercises	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Pike Raise</u>	2	10 e/s	60s	Perform as a superset. Minimal rest between exercises	<u>Plank</u>	<u>Hanging Knee Raise</u>
Accessories						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 3
Week 2: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Push Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Single Arm Cable Y Raise</u>	2	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	2	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	2	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 3

Week 3: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Broad Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Reverse Crunch</u>	3	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>Romanian Deadlift</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	2	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
Accessories						
<u>Hamstring Bridge</u>	2	8-12	0s	2 second pause at the top of each rep	-	-
<u>Long Lunge Hold</u>	2	30s	60s	Add weight if desired	-	-

Minimalift / UPPER BODY 1

Phase 3

Week 3: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dip</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dips, then rest before returning to Dips	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Incline Skullcrusher</u>	2	10-15	0s	-	<u>Bodyweight Skullcrusher</u>	<u>Close Grip Push Up</u>
<u>Barbell Row</u>	2	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>DB Row - Dual</u>
<u>Lateral Raise + Hold</u>	2	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 3

Week 3: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	3	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Walking Lunge</u>	2	8-12 e/s	0s	Perform as a superset. Minimal rest between exercises	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Pike Raise</u>	2	10 e/s	60s	Perform as a superset. Minimal rest between exercises	<u>Plank</u>	<u>Hanging Knee Raise</u>
Accessories						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 3
Week 3: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Push Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Single Arm Cable Y Raise</u>	2	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	2	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	2	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

Minimalift / LOWER BODY 1

Phase 3

Week 4: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Broad Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Barbell Squat</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Reverse Crunch</u>	3	8	-	After each set of Squats, perform the core exercise. Then, rest as required before returning to squats	<u>Lying Leg Raise</u>	-
Swole & Flexy						
<u>Romanian Deadlift</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	2	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
Accessories						
<u>Hamstring Bridge</u>	2	8-12	0s	2 second pause at the top of each rep	-	-
<u>Long Lunge Hold</u>	2	30s	60s	Add weight if desired	-	-

Minimalift / UPPER BODY 1

Phase 3

Week 4: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Scapula Circles</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
Strength & Condition						
<u>Z-Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Seated Press</u>	<u>DB Incline Press</u>
<u>Chin Up</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dip</u>	2	6-10	0s	2 second pause in the stretch on each rep	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Scapula Push Up</u>	2	10	60s	Perform immediately after each set of Dips, then rest before returning to Dips	<u>Cat Cow</u>	<u>Plank</u>
Accessories						
<u>Incline Skullcrusher</u>	2	10-15	0s	-	<u>Bodyweight Skullcrusher</u>	<u>Close Grip Push Up</u>
<u>Barbell Row</u>	2	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>DB Row - Dual</u>
<u>Lateral Raise + Hold</u>	2	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<u>Y Raise</u>	<u>Cable Raise</u>

Minimalift / LOWER BODY 2

Phase 3

Week 4: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Seated Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
Strength & Condition						
<u>Deadlift</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Hollowbody Hold</u>	3	10s	-	Between each set of Deadlifts, perform a set of Hollow Holds. Rest as needed, then return to Deadlifts. Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
Swole & Flexy						
<u>Walking Lunge</u>	2	8-12 e/s	0s	Perform as a superset. Minimal rest between exercises	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Pike Raise</u>	2	10 e/s	60s	Perform as a superset. Minimal rest between exercises	<u>Plank</u>	<u>Hanging Knee Raise</u>
Accessories						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

Minimalift / UPPER BODY 2

Phase 3
Week 4: Day 4

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
Warm Up						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
Strength & Condition						
<u>Bench Press</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Dumbbell Press</u>	<u>Push Up</u>
<u>Dumbbell Row</u>	3	5-10	-	Warm up as required. Then perform 2 sets of 5 @ 2RIR 1 set of 10 (decrease weight by 10-20%)	<u>Cable Row</u>	<u>Inverted Row</u>
Swole & Flexy						
<u>Dumbbell Push Press</u>	2	8-12	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Seated Shoulder Extension</u>	2	30s	60s	Do this immediately after each set of OHP. Then rest and return to OHP	-	-
Accessories						
<u>Single Arm Cable Y Raise</u>	2	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	2	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	2	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>