ADVANCED CUSTOM WORKOUT FOR ATHLETES

THIS WORKOUT IS DESIGNED FOR OUR ADVANCED ATHLETIC DUMMIES! THE CUSTOMIZABLE PLAN GIVES YOU THE FREEDOM TO CHOSE THE WORKOUTS YOU WOULD LIKE TO DO EACH DAY. ALL WORKOUTS ARE GEARED TOWARD ATHLETIC STRENGTH MOVEMENTS.

WEEKLY SPLIT:
- MONDAY: UPPER BODY (PUSH EMPHASIS)
- TUESDAY: LOWER BODY (PULL EMPHASIS)
- WEDNESDAY: CORE/ARMS
- THURSDAY: UPPER BODY (PULL EMPHASIS)
- FRIDAY: LOWER BODY (PUSH EMPHASIS)
- SATURDAY: CORE/ARMS
- SUNDAY: REST

WE PROVIDE YOU A BLOCK TO FOLLOW EACH DAY WITH SET REP RANGES AND SETS. FILL IN THE EXERCISES ON THE BLOCK BELOW BASED ON WHAT MUSCLE GROUP IS BEING HIT FOR THAT DAY *(I.E. UPPER BODY (PUSH EMPHASIS), USE EXERCISES FROM THE UPPER BODY PUSH/PULL LIST BELOW). YOU CAN ALSO SELECT THE REP/SET RANGE FOR THE EXERCISE. EACH "BLOCK" IS MEANT TO BE DONE AS A SUPERSET.*

BLOCK 1	
EXERCISE 1	(5 X 5), (4 X 8), (4 X 5), (5 X 6)
EXERCISE 2	(3 X 10), (3 X 12), (3 X 15)
EXERCISE 3	3 SETS X REPS VARY

BLOCK 2	
EXERCISE 1	(5 X 5), (4 X 8), (4 X 5), (5 X 6)
EXERCISE 2	(3 X 10), (3 X 12), (3 X 15)
EXERCISE 3	3 SETS X REPS VARY

BLOCK 3	
EXERCISE 2	(3 X 10), (3 X 12), (3 X 15)
EXERCISE 3	3 SETS X REPS VARY
EXERCISE 2	(3 X 10), (3 X 12), (3 X 15)
EXERCISE 3	3 SETS X REPS VARY

NOTE

EXERCISE 1: BANDS/CHAINS CAN BE ADDED TO MOST OF THESE EXERCISES FOR ADVANCED LIFTERS. MOST OF THESE WORKOUTS CAN ALSO BE DONE WITH A BARBELLS OR DUMBBELLS

EXERCISE 2: BANDS/CHAINS CAN BE ADDED TO MOST OF THESE EXERCISES FOR ADVANCED LIFTERS. MOST WORKOUTS CAN BE DONE WITH DUMBBELLS, BARBELLS, WITH CABLES, OR KETTLEBELLS. YOU CAN USE DIFFERENT HAND PLACEMENT ON MOST OF THESE WORKOUTS (OVERHAND, UNDERHAND, WIDE GRIP, NEUTRAL GRIP) AND CAN ALSO DO ALTERNATING OR SINGLE ARM REPS

EXERCISE 3: THESE ARE BODYWEIGHT EXERCISES UNLESS SPECIFIED. CAN ALSO ADD BANDS OR WEIGHT TO MOST OF THESE EXERCISES

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UPPER BODY

EXERCISE 1	EXERCISE 2	EXERCISE 3
PUSH	*PUSH*	*CORE*
• BENCH PRESS • INCLINE PRESS • DECLINE PRESS • FLOOR PRESS • SHOULDER PRESS • PUSH PRESS • SEATED STRICT PRESS • CLEAN TO PRESS	• TRICEPS PUSH VARIATIONS (WALL PRESS, CABLE, BAND) • FLIES • PUSH UP VARIATIONS • DIPS • BAND PULL APARTS • HEX PRESS • LANDMINE PRESS • MED BALL WALL PRESS • MED BALL SIDE TOSS • MED BALL THROW DOWN • ROTATOR CUFFS • 3 WAY NECK • ANY PUSH MACHINE	• PLANKS (HIGH PLANK, REG. PLANK, SIDE PLANK, SHOULDER TAPS, BOSU BALL) • CRUNCHES (REG., SIDE CRUNCHES) • HANGING LEG SWINGS • CABLE CRUNCHES • SIT-UPS • PALLOF BAND HOLDS • TURKISH GET UPS (FULL AND HALF) • LEG SCISSORS • MED BALL TWISTS • RUSSIAN TWISTS (PLATES, KETTLEBELL, MED BALL) • GLUTE BRIDGES (SINGLE LEG OR BOTH) • LOWER BACK CURLS • MOUNTAIN CLIMBERS • AB WHEEL
PULL	*PULL*	
• CLEAN TO PRESS • HANG CLEAN • HANG SNATCH • BICEP CURL • TRICEPS BODY PRESS • SHRUG • POWER SHRUG • BENT OVER ROW • SINGLE ARM ROW	• FRONT RAISE • SIDE RAISE • PULLUPS • REVERSE FLIES • FACE PULLS • KETTLEBELL SWINGS AND PULLS • SEATED ROWS • PULLDOWNS • CURL VARIATIONS (HAMMER, CABLE, PLATE, KETTLEBELL, BAND) • LANDMINE ROW • ROPES • BODYWEIGHT ROWS • TOWEL GRIP PULLUPS OR BODYWEIGHT ROWS • ROTATOR CUFFS • 3 WAY NECK • ANY PULL MACHINE	

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LOWER BODY

EXERCISE 1 PUSH	EXERCISE 2 PUSH	EXERCISE 3 CORE
• BACK SQUAT • FRONT SQUAT • SPLIT SQUAT • GOBLET SQUAT • POWER CLEAN • POWER SNATCH • LANDMINE SQUAT • LUNGES • HIP THRUSTS • DEADLIFT • STRAIGHT BAR ROMAN DEADLIFTS	• HEEL SLIDES OUT OF BRIDGE • LATERAL JUMPS • BOX JUMPS (SINGLE LEG OR BOTH) • REACTION JUMPS • VERTICAL JUMPS • SEATED VERTICAL JUMPS • KNEE TO FEET JUMPS • CALVE RAISES • STEP UPS • HACK SQUAT • HAMSTRING CURLS • ABDUCTOR/ADDUCTOR HIPS • ROMAN DEADLIFTS • LEG EXTENSIONS • LINE HOPS • BULGARIAN SPLIT SQUATS • WALKING LUNGES • PISTOL SQUATS • SIDE LUNGES • ANY LOWER BODY MACHINE	• PLANKS (HIGH PLANK, REG. PLANK, SIDE PLANK, SHOULDER TAPS, BOSU BALL) • CRUNCHES (REG., SIDE CRUNCHES) • HANGING LEG SWINGS • CABLE CRUNCHES • SIT-UPS • PALLOF BAND HOLDS • TURKISH GET UPS (FULL AND HALF) • LEG SCISSORS • MED BALL TWISTS • RUSSIAN TWISTS (PLATES, KETTLEBELL, MED BALL) • GLUTE BRIDGES (SINGLE LEG OR BOTH) • LOWER BACK CURLS • MOUNTAIN CLIMBERS • AB WHEEL