

HIGH VOLUME BALANCE & STRENGTH WORKOUT

CARDIO CAN BE DONE BEFORE OR AFTER (LOW INTENSITY, STAIR MASTER RECOMMENDED, INCLINE TREADMILL WALK 3-4 MPH, YOU CAN HOLD THE TOP OF TREADMILL, ELLIPTICAL, OR BIKE)

UPPER BODY I: CHEST/TRICEPS

CARDIO: 15 MINS
STRETCH

DUMBBELL OR BARBELL BENCH: 4 X 12
YOGA BALL PLANK: 4 X 30 SECONDS (ELBOWS ON YOGA BALL)

DUMBBELL FLY: 4 X 12
INCLINE PLATE SQUEEZE: 4 X 12 (LAY ON INCLINE BENCH, SQUEEZE TWO PLATES TOGETHER AND PRESS)

INCLINE DUMBBELL BENCH: 3 X 8
PUSH-UPS: 3 X 6-12

DUMBBELL SNATCH FROM GROUND: 3 X 10 EACH SIDE
LATERAL DUMBBELL DELTOID RAISE: 3 X 10 EACH SIDE

ISOLATED CABLE TRICEP PULLDOWN: 3 X 12
TWO ARM ROPE PULLDOWN: 3 X 12

STRAIGHT BAR TRICEP EXTENSION: 3 X 12
MEDICINE BALL SLAMS: 3 X 12

LOWER BODY I: LEGS/GLUTES/HAMSTRINGS

CARDIO: 10 MINS
STRETCH

BACK SQUAT: 4 X 10
SIDE PLANKS: 4 X 30 SECONDS

SUMO DL: 4 X 10
DUMBBELL SUMO SQUAT: 4 X 20

DEFICIT RDL: 3 X 12
HIP THRUST: 3 X 12

SINGLE LEG, LEG PRESS: 3 X 12
HIP ADD/ABDUCTION MACHINE: 3 X 15

BODY WEIGHT SINGLE LEG BOX SQUAT: 3 X 10
HEEL KICKS ON YOGA BALL: 3 X 20 (LAY ON GROUND FLAT WITH FEET UP ON YOGA BALL, PLANK, THEN BRING YOUR HEELS TO YOUR BUTT)

STEP UPS W/ DUMBBELLS: 3 X 12 EACH LEG
HAMSTRING CURL MACHINE: 3 X 15

HIGH VOLUME BALANCE & STRENGTH WORKOUT

UPPER BODY I: BACK/BICEPS

CARDIO: 15 MINS

STRETCH

BARBELL BENT OVER ROW: 4 X 12

BOSU BALL ABS: 4 X 10 EACH LEG X 10 CRUNCHES (LAY FLAT ON BOSU BALL OR GROUND, THEN CRUNCH OPPOSITE ARM TO OPPOSITE LEG), + STRAIGHT LEG/ARM EXTENSION TO TOUCH (LAY FLAT ON GROUND, THEN BRING YOUR KNEES TO YOUR CHEST WHILE BRINGING PLATE OVER YOUR KNEES) + FULL EXTENSION SIT UP ON YOGA BALL

WIDE GRIP STRICT BACK PULLDOWN: 4 X 12

LAT PULLDOWN 4 X 12 (STRAIGHT BAR ON HIGH CABLE, EXTEND YOUR ARMS AND BRING STRAIGHT DOWN TO YOUR WAIST):

WIDE BAR SITTING ROW: 3 X 12

INCLINE TWO ARM DUMBBELL ROW: 3 X 10 (LAY CHEST DOWN ON INCLINE BENCH)

ISOLATED LANDMINE ROW: 3 X 12

PULL UPS: 3 X 6-12 (ASSISTED IF NECESSARY)

TWO ARM ROPE BICEP CURL: 3 X 12

WIDE GRIP BARBELL CURL: 3 X 10

ISOLATED CABLE CURL: 3 X 12

DUMBBELL CONCENTRATION CURL: 3 X 10

UPPER BODY I: SHOULDERS/CHEST

CARDIO: 15 MINS

STRETCH

BARBELL OR MACHINE SHOULDER PRESS: 4 X 12

SIDE BENDS (OBLIQUES W/ STICK): 4 X 15 EACH SIDE

KETTLEBELLCLEAN/PRESS: 3 X 12 EACH ARM

PLATE RAISE (ANTERIOR DELTOID): 3 X 15

SEATED DUMBBELL SHOULDER PRESS: 3 X 15

POST DELT Y/T/W: 3 X 5-10 EACH (Y/T/W, LAY CHEST DOWN ON INCLINE BENCH)

CABLE FLIES: 4 X 15

TWO ARM DUMBBELL UPRIGHT ROW: 4 X 15 (HOLD DUMBBELLS WITH OVERHAND GRIP AND LIFT STRAIGHT UP TO COLLARBONE. KEEP ELBOWS BENT AT 90 DEGREES AT TOP OF REP)

CLOSE GRIP BENCH: 3 X 12

MEDICINE BALL TOSS: 3 X 12 (LAY ON GROUND AND THROW DIRECTLY UP TOWARD CEILING)

LATERAL/ANTERIOR DELT DUMBBELL RAISE: 3 X 10 EACH

FACEPULL W/ ROPE ON HIGH CABLE: 3 X 15

HIGH VOLUME BALANCE & STRENGTH WORKOUT

LOWER BODY I: LEGS/QUADS

CARDIO: 10 MINS

STRETCH

BACK SQUAT: 4 X 8

RUSSIAN TWIST W/ MEDICINE BALL: 4 X 20

LANDMINE SQUAT TO PRESS: 4 X 12

LANDMINE RDL: 4 X 15

SISSY SQUATS W/ DUMBBELL OR KETTLEBELL: 3 X 15 (HEELS ON PLATE, TOES ON GROUND, FEET CLOSE TOGETHER, SQUAT ASS TO GRASS)

SMITH MACHINE SISSY SQUATS: 3 X 15 (PLACE FEET SHOULDER WIDTH APART BUT, SET THEM 12 INCHES INFRONT OF YOUR BODY, THIS WILL FOCUS ALL ON QUADS)

QUAD EXTENSION: 3 X 15

BULGARIAN SPLIT SQUAT W/DUMBBELL OR BODYWEIGHT: 3 X 10 EACH LEG

NARROW STANCE LEG PRESS: 3 X 20

CALVE RAISES: 3 X 20

GOBLET SQUAT: 3 X 12

SINGLE LEG DUMBBELL RDL: 3 X 20 YARDS

EXTRA I: FULL BODY/ARMS

CARDIO: 15 MINS

STRETCH

BARBELL CURL TO SHOULDER PRESS: 3 X 12

KETTLEBELL CLEAN TO PRESS: 3 X 10 EACH SIDE

LANDMINE LUNGE TO PRESS: 3 X 12

MOUNTAIN CLIMBERS: 3 X 30

BARBELL CURL: 3 X 12

DUMBBELL CURLS: 3 X 12

YOGA BALL PLANK: 3 X 30 SEC

RUSSIAN TWISTS: 3 X 30

ISOLATED REVERSE GRIP CABLE TRICEP PULLDOWN: 3 X 15

REVERSE GRIP CABLE STRAIGHT BAR TRICEP PULLDOWN: 3 X 15

ONE FOOT JUMP ROPE: 3 X 100 JUMPS (50 EACH SIDE)

KETTLEBELLSWINGS: 3 X 12

BULGARIAN SPLIT SQUAT: 3 X 10 EACH LEG

HIGH VOLUME BALANCE & STRENGTH WORKOUT

UPPER BODY II: CHEST/TRICEPS

CARDIO: 15 MINS
STRETCH

BENCH OR DUMBBELL BENCH: 4 X 15

MARCHING SOLDIER W/ KETTLEBELL: 4 X 10 STEPS EACH SIDE (STAND AND HOLD KETTLEBELL W/
RIGHT HAND, DRIVE RIGHT LEG AND HOLD FOR 3 SECONDS, REPEAT)

REVERSE GRIP INCLINE DUMBBELL BENCH: 4 X 12

DUMBBELL CROSSOVERS: 4 X 12 (LIKE A FRONT SHOULDER RAISE BUT GO ACROSS YOUR BODY)

LOW CABLE FLIES: 3 X 12

FLOOR BENCH PRESS (BARBELL/DUMBBELL/KETTLEBELL): 3 X 12

BARBELL SKULL CRUSHERS: 3 X 12

INCLINE DUMBBELL FLIES: 3 X 12

REVERSE GRIP STRAIGHT BAR TRICEP PULLDOWN: 3 X 15

DIPS: 3 X 8-12 (ASSISTED IF NECESSARY)

WEIGHTED NARROW STANCE PUSHUPS: 3 X 12

OVERHEAD TRICEP EXTENSION: 3 X 15

LOWER BODY II: LEGS/HAMSTRING/GLUTES

CARDIO: 10 MINS
STRETCH

BACK SQUAT: 4 X 10

ONE ARM/ONE LEG PLANK, THEN SWITCH: 4 X 20 SECONDS

BULGARIAN SPLIT SQUAT: 3 X 15

LANDMINE RDL: 3 X 15

SINGLE LEG BOX JUMP: 3 X 10

SIDE LUNGE W/ DUMBBELL: 3 X 10 EACH SIDE

LEG PRESS WIDE STANCE: 4 X 10

BARBELL OR KETTLEBELL CLEAN: 4 X 10

HIP ADDUCTION/ABDUCTION: 3 X 15

BACK/GLUTE EXTENSIONS: 3 X 15

SINGLE LEG DUMBBELL RDL: 3 X 10 EACH LEG

KETTLEBELL FRONT SQUAT: 3 X 15

HIGH VOLUME BALANCE & STRENGTH WORKOUT

UPPER BODY II: BACK/ARMS

CARDIO: 15 MINS

STRETCH

CLOSE GRIP BACK PULLDOWN: 4 X 12

SMITH MACHINE BENT OVER ROW: 4 X 12

DUMBBELL PULLOVER: 3 X 12

REVERSE GRIP WIDE BAR PULLDOWN: 3 X 12

FACE-PULLS W/ ROPE OR BAND: 3 X 15

INCLINE OR BENT OVER DUMBBELL POSTERIOR DELT FLIES: 3 X 12

INCLINE DUMBBELL CURL: 3 X 12 EACH ARM

V-BAR CABLE CURL: 3 X 12 EACH ARM

REVERSE GRIP STRAIGHT BAR TRICEP PULLDOWN: 4 X 12

BAND CURLS: 4 X 12 EACH ARM

OVERHEAD ROPE TRICEP EXTENSION: 3 X 12

BARBELL CURLS: 3 X 15

UPPER BODY II: SHOULDERS/CHEST

CARDIO: 15 MINS

STRETCH

SEATED DUMBBELL SHOULDER PRESS: 4 X 15

MEDICINE BALL SIT UPS/CROSS BODY: 4 X 15 EACH

DUMBBELL ARNOLD PRESS: 3 X 15

BARBELL OR DUMBBELL SHRUG: 3 X 15

ISOLATED (ONE ARM) UPRIGHT ROW W/ DUMBBELL: 4 X 12

DUMBBELL LATERAL RAISE: 4 X 12

INCLINE DUMBBELL FLIES: 3 X 12 (LAY ON INCLINE BENCH)

SINGLE ARM HIGH CABLE FLIES: 3 X 12

REVERSE GRIP DUMBBELL BENCH: 3 X 15

INCLINE BENCH PLATE RAISE: 3 X 12 (LAY ON INCLINE AND HOLD 2 PLATES TOGETHER AND PRESS)

NEUTRAL GRIP DUMBBELL BENCH: 3 X 12

LATERAL AND ANTERIOR RAISES W/ DUMBBELL'S: 3 X 12

HIGH VOLUME BALANCE & STRENGTH WORKOUT

LOWER BODY II: LEGS/QUADS

CARDIO: 10 MINS
STRETCH

LEG PRESS NARROW STANCE: 4 X 20
SIDE BENDS (OBLIQUES W/ STICK): 4 X 15 EACH SIDE

DUMBBELL DEFICIT RDL: 3 X 12

LANDMINE DEADLIFT TO ECCENTRIC SIDE LUNGE: 3 X 12 (PLACE BAR IN CORNER OF WALL, DEADLIFT THE END OF THE BAR, THEN DO A SIDE LUNGE, RESET, SET WEIGHT DOWN, REPEAT)

BODYWEIGHT QUAD EXTENSIONS: 3 X 12
SMITH MACHINE SISSY SQUATS: 3 X 12

ISOLATED SINGLE QUAD EXTENSION MACHINE: 4 X 12

DUMBBELL OR BODYWEIGHT BULGARIAN SPLIT SQUAT: 3 X 10 EACH LEG (BACK LEG ELEVATED ON BENCH)

KNEELING TO KNEE DRIVE: 3 X 12

PISTOL SQUATS: 3 X 5-10 (JUST START WORKING ON THEM, YOU WILL GET BETTER WITH TIME, GREAT FOR KNEES/BALANCE)

CALVE RAISES: 3 X 20

YOGA BALL SQUAT: 3 X 12 (PLACE YOGA BALL BEHIND YOU ON THE WALL, LEAN INTO IT AND SQUAT ASS TO GRASS)

EXTRA II: FULL BODY/ARMS

CARDIO: 15 MINS
STRETCH

MEDICINE BALL SLAM: 4 X 12

DUMBBELL SNATCH: 4 X 10 EACH ARM

MEDICINE BALL RUSSIAN TWISTS: 3 X 15 EACH SIDE

MEDICINE BALL OVERHEAD SIDE THROW: 3 X 10 EACH SIDE (IN KNEELING POSITION, IF RIGHT LEG IS UP, START REP ON LEFT SIDE, SLAM BALL OVER YOUR HEAD TO THE RIGHT)

BARBELL BENT OVER ROW: 3 X 12

UNDERHAND STRAIGHT BAR CABLE ROW: 3 X 12

PULL-UPS: 3 X 8-12 (ASSISTED IF NECESSARY)

DEAD-BUG W/ BAND OR PLATE: 3 X 10 EACH LEG

BARBELL CURL: 3 X 30

BAND CURLS: 3 X 15 EACH ARM

BAND TRICEP PULLDOWNS: 3 X 20

V-BAR TRICEP PULLDOWN: 3 X 20