

I

FULL BODY

DUMBBELL



6 PERCENT

F I T N E S S

I

BEFORE YOU START

1. Complete each exercise for 3-4 sets before moving on to the next exercise!
2. Focus on proper form & FULL muscle contraction
3. If the workouts are not done to exhaustion -> INCREASE the amount of reps, or decrease your rest time.
4. If unable to finish an entire circuit -> DECREASE the amount of reps.
5. Review your workouts before the actual work out! Use google and other search engines to familiarize yourself with uncommon movements.



6 PERCENT
F I T N E S S

AB GENERATOR

<https://ab-generator-1.web.app/home>

LIFT 1

| LEGS | EXERCISE 1 | EXERCISE 2 | EXERCISE 3 | EXERCISE 4 | EXERCISE 5 |
|----------|-----------------------------------|--|------------|----------------|---------------------------|
| Exercise | DB Squats & Push Press | Bent Over Rows & Narrow Elevated Heel Squats | DB RDL's | Russian Twists | DB Push-Ups & Bicep Curls |
| Sets | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 |
| Reps | 10 on both | 12 on both | 12 | 12 | 12 on both |
| Rest | 60-90 sec. rest between each lift | | | | |

LIFT 2

| LEGS | METCON 7 | EXERCISE 2 | EXERCISE 3 | EXERCISE 4 |
|----------|---|---------------------------------------|-----------------|---------------|
| Exercise | DB Burpee DB Clean DB Clean w/ a Squat DB Thruster | DB Hammer Curls & Overhead Extensions | DB Split Squats | Goblet Squats |
| Sets | N/A | 3-4 | 3-4 | 3-4 |
| Reps | +1 every set | 10 each | 10 each leg | 12 |
| Rest | | 60-90 sec. rest between each lift | | |

**Metcon 7: start out doing 1 rep of each exercise, then increase each cycle by 1 rep.*

Ex: set 1 = 1 rep each, set 2 = 3 reps each, set 3 = 3 reps each, etc...

Continue doing this for an ENTIRE 7 MINUTES, no rest breaks

LIFT 3

| LEGS | EXERCISE 1 | EXERCISE 2 | EXERCISE 3 | EXERCISE 4 | EXERCISE 5 | EXERCISE 6 |
|----------|-----------------------------------|------------|----------------|-------------------|-------------------------|------------------------|
| Exercise | Walking Lunges | DB Rows | DB Bench Press | DB Shoulder Press | Alternating Bicep Curls | DB Overhead Extensions |
| Sets | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 |
| Reps | 8-12 | 8-12 | 8-12 | 8-12 | 8-12 each | 8-12 |
| Rest | 60-90 sec. rest between each lift | | | | | |

*EMOM = Every Minute On the Minute:

Begin number of reps of the exercise at the start of a minute and then rest for whatever time you have left until the start of the next minute.

LIFT 4

| LEGS | EXERCISE 1 | EXERCISE 2 | EXERCISE 3 | EXERCISE 4 | EXERCISE 5 | EXERCISE 6 |
|----------|-----------------------------------|-----------------|-------------------------------|---------------------------|-----------------|------------------|
| Exercise | DB Shoulder Press | DB Front Squats | DB RDL & Standing Calf Raises | DB Close Grip Bench Press | DB Upright Rows | DB Reverse Fly's |
| Sets | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 |
| Reps | 10 | 10 | 10 each | 10 | 10 | 10 |
| Rest | 60-90 sec. rest between each lift | | | | | |

LIFT 5

| LEGS | EXERCISE 1 | EXERCISE 2 | EXERCISE 3 | EXERCISE 4 | EXERCISE 5 | EXERCISE 6 |
|----------|-----------------------------------|-----------------|-----------------------|----------------|----------------|----------------|
| Exercise | Turkish Get-Ups | DB Hammer Curls | Reverse Grip DB Curls | Walking Lunges | DB Sumo Squats | Russian Twists |
| Sets | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 |
| Reps | 10 | 10 | 10 | 10-12 each leg | 10 | 25 each side |
| Rest | 60-90 sec. rest between each lift | | | | | |

LIFT 6

| LEGS | EXERCISE 1 | EXERCISE 2 | EXERCISE 3 | EXERCISE 4 | EXERCISE 5 | EXERCISE 6 |
|----------|-----------------------------------|---------------------------|------------------------------------|---------------|--------------------|-------------------|
| Exercise | DB Sprawls | Alternating Renegade Rows | Alternating Incline DB Bench Press | DB Push Press | Split Stance RDL's | Front Squat Holds |
| Sets | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 | 3-4 |
| Reps | 10-12 | 10 each arm | 10 each arm | 10 | 10 each leg | 30 sec. |
| Rest | 60-90 sec. rest between each lift | | | | | |