

GUNNFIT - BOOTY BLASTER

Name: _____

Quads/Glutes

		Week 1		Week 2		Week 3	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Leg Extensions	Machine	25		25		25	
		20		20		20	
		15		15		15	
Back Squat or Box Squat	Barbell	25		25		25	
		20		20		20	
		15		15		15	
Walking Lunges	Dumbbells or bodyweight	25 each		25 each		25 each	
		20 each		20 each		20 each	
		15 each		15 each		15 each	
Standing Calf Raises	Dumbbell or machine	25		25		25	
		20		20		20	
		15		15		15	
Glute Kickbacks	Cable	25 ea		25 ea		25 ea	
		20 ea		20 ea		20 ea	
		15 ea		15 ea		15 ea	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Upper Body 1

Exercise	Equipment	Week 1		Week 2		Week 3	
		Reps	Weight	Reps	Weight	Reps	Weight
Bench Press or Chest Press	Barbell or Machine	25		25		25	
		20		20		20	
		15		15		15	
Rows	Bar or Cable	25		25		25	
		20		20		20	
		15		15		15	
Shoulder Press	Straight bar or Machine	25		25		25	
		20		20		20	
		15		15		15	
Incline Bench	Barbell or Incline Press Machine	25		25		25	
		20		20		20	
		15		15		15	
Lat Pulldowns	Cable or Machine	25		25		25	
		20		20		20	
		15		15		15	
Shoulder Flyes	Dumbbells	25		25		25	
		20		20		20	
		15		15		15	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Hamstrings/Glutes

Exercise	Equipment	Week 1		Week 2		Week 3	
		Reps	Weight	Reps	Weight	Reps	Weight
Hamstring Curls	Machine	25		25		25	
		20		20		20	
		15		15		15	
Dumbbell Stiff Leg Deadlift	Dumbbells	25		25		25	
		20		20		20	
		15		15		15	
Standing Calf raises	Machine or Dumbbells	25		25		25	
		20		20		20	
		15		15		15	
GHD's	Glute Ham Developer	25		25		25	
		20		20		20	
		15		15		15	
Ball Pull-ins	Stability Ball	15		15		15	
		15		15		15	
		15		15		15	
Glute Kickbacks	Cable	25 ea		25 ea		25 ea	
		20 ea		20 ea		20 ea	
		15 ea		15 ea		15 ea	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Upper Body 2

		Week 1		Week 2		Week 3	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Dumbbell Bench or Chest Press	DB or Machine	25		25		25	
		20		20		20	
		15		15		15	
Rows	Bar or Cable	25		25		25	
		20		20		20	
		15		15		15	
Shoulder Press	Dumbbells or Machine	25		25		25	
		20		20		20	
		15		15		15	
Tricep Rope Pushdowns	Rope	25		25		25	
		20		20		20	
		15		15		15	
Straight Bar Curls	Straight Bar	25		25		25	
		20		20		20	
		15		15		15	
Incline Dumbbell Press	DB or Machine	25		25		25	
		20		20		20	
		15		15		15	
Neutral Lat Pulldowns	Cable or Machine	25		25		25	
		20		20		20	
		15		15		15	
Lateral Raises	Dumbbells	25		25		25	
		20		20		20	
		15		15		15	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name:

Glutes

		Week 1		Week 2		Week 3	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
ABD/ADD machine	Machine	25 each		25 each		25 each	
		20 each		20 each		20 each	
		15 each		15 each		15 each	
Hip Thrusters	Bar	25		25		25	
		20		20		20	
		15		15		15	
1-foot glute bridges	Bodyweight	20 each		20 each		20 each	
		20 each		20 each		20 each	
		20 each		20 each		20 each	
Glute Kickbacks	Cable	25 ea		25 ea		25 ea	
		20 ea		20 ea		20 ea	
		15 ea		15 ea		15 ea	
Step-Ups onto Bench	Dumbbells or bodyweight	25 each		25 each		25 each	
		20 each		20 each		20 each	
		15 each		15 each		15 each	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name:

Quads/Glutes

Exercise	Equipment	Week 4		Week 5		Week 6	
		Reps	Weight	Reps	Weight	Reps	Weight
Leg Extensions	Machine	12		12		12	
		10		10		10	
		8		8		8	
Back Squat or Box Squat	Barbell	12		12		12	
		10		10		10	
		8		8		8	
Walking Lunges	Dumbbells	12 each		12 each		12 each	
		10 each		10 each		10 each	
		8 each		8 each		8 each	
Standing Calf Raises	Dumbbell or machine	12		12		12	
		10		10		10	
		8		8		8	
Glute Kickbacks	Cable	12 each		12 each		12 each	
		10 each		10 each		10 each	
		8 each		8 each		8 each	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Upper Body 1							
		Week 4		Week 5		Week 6	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press or Chest Press	Barbell or Machine	12		12		12	
		10		10		10	
		8		8		8	
Rows	Bar or Cable	12		12		12	
		10		10		10	
		8		8		8	
Shoulder Press	Straight bar or Machine	12		12		12	
		10		10		10	
		8		8		8	
Incline Bench	Barbell or Incline Press Machine	12		12		12	
		10		10		10	
		8		8		8	
Lat Pulldowns	Cable or Machine	12		12		12	
		10		10		10	
		8		8		8	
Shoulder Flyes	Dumbbells	12		12		12	
		10		10		10	
		8		8		8	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Hamstrings/Glutes

Exercise	Equipment	Week 4		Week 5		Week 6	
		Reps	Weight	Reps	Weight	Reps	Weight
Hamstring Curls	Machine	12		12		12	
		10		10		10	
		8		8		8	
Dumbbell Stiff Leg Deadlift	Dumbbells	12		12		12	
		10		10		10	
		8		8		8	
Standing Calf raises	Machine or Dumbbells	12		12		12	
		10		10		10	
		8		8		8	
GHD's	Glute Ham Developer	12		12		12	
		10		10		10	
		8		8		8	
Ball Pull-ins	Stability Ball	15		15		15	
		15		15		15	
		15		15		15	
Glute Kickbacks	Cable	12 each		12 each		12 each	
		10 each		10 each		10 each	
		8 each		8 each		8 each	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Upper Body 2							
		Week 4		Week 5		Week 6	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
Dumbbell Bench or Chest Press	DB or Machine	12		12		12	
		10		10		10	
		8		8		8	
Rows	Bar or Cable	12		12		12	
		10		10		10	
		8		8		8	
Shoulder Press	Dumbbells or Machine	12		12		12	
		10		10		10	
		8		8		8	
Tricep Rope Pushdowns	Rope	12		12		12	
		10		10		10	
		8		8		8	
Straight Bar Curls	Straight Bar	12		12		12	
		10		10		10	
		8		8		8	
Incline Dumbbell Press	DB or Machine	12		12		12	
		10		10		10	
		8		8		8	
Neutral Lat Pulldowns	Cable or Machine	12		12		12	
		10		10		10	
		8		8		8	
Lateral Raises	Dumbbells	12		12		12	
		10		10		10	
		8		8		8	

Workout Notes

GUNNFIT - BOOTY BLASTER

Name: _____

Glutes

		Week 4		Week 5		Week 6	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight
ABD/ADD machine	Machine	12 each		12 each		12 each	
		10 each		10 each		10 each	
		8 each		8 each		8 each	
Hip Thrusters	Bar	12		12		12	
		10		10		10	
		8		8		8	
1-foot glute bridges	Use Dumbbell for Resistance	12 each		12 each		12 each	
		12 each		12 each		12 each	
		12 each		12 each		12 each	
Glute Kickbacks	Cable	12 each		12 each		12 each	
		10 each		10 each		10 each	
		8 each		8 each		8 each	
Step-Ups onto Bench	Dumbbells	12 each		12 each		12 each	
		10 each		10 each		10 each	
		8 each		8 each		8 each	

Workout Notes

Lifts

Monday – Quads/Glutes

Tuesday – Upper body 1

Wednesday – Hammies/Glutes

Thursday – Upper body 2

Friday – Glutes

Saturday – Rest

Sunday – Rest

Cardio/Stretching & Rolling Split

Monday

- 10 minutes of 20/20's on the elliptical. For 20 seconds you will move at a vigorous pace then rest and just allow the revolutions of the machine to continue slowly for 20 seconds. Repeat this cycle for 10 minutes.
- 2 sets 20 crunches
- 2 sets 20 Russian twists
- 1 max effort plank
- Stretch & Foam Roll

Tuesday

- 10 minute circuit
 - 20 seconds air squats
 - 20 seconds jump squats
 - 20 seconds alternating step back lunges
 - Repeat these three exercises in circuit for 10 minutes

Wednesday

- 10 minutes stair master
- Stretch & Roll

Thursday

- 10 minutes walking on incline treadmill
- 2 sets 10 leg raises
- 2 sets 10 each side standing plate twists
- 2 max effort planks

Friday

- 10 minutes treadmill running circuit
 - Jog for one minute, walk for 30 seconds
 - Repeat this for ten minutes
- Stretch & Roll

Sat/Sun – Rest

*If you are trying to lower your body fat percentage, I *recommend* establishing a moderate caloric deficit, which you can calculate based off the *dietary advice* sheet I have attached.