



**PAUL SKLAR *FIT* 365**

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# INSTRUCTIONS AND GUIDELINES FOR SUCCESS

## INSTRUCTIONS

1. You will be provided with 20 workouts every 28 days. Workouts will be numbered from 1-20. You may jump into a workout at any number and can proceed to the next 28-day period once you have completed all 20 workouts. Since my program utilizes a constantly varying 5-day split routine, you will ideally be completing 5 workouts every 7 days.
2. The program allows for 2 rest days per week which should be utilized. I personally use the 2 weekend days for my rest days. I do, however, stay active and work on mobility, which may include light stretching, myofascial or trigger point release, foam rolling, etc. If you want to burn extra calories, you may perform low-moderate intensity cardio work as well.
3. Each workout is programmed from start to finish using a letter system beginning with A. Start each workout at A, then proceed to B, C, D, etc. Do not move on to the next letter before fully completing the previous one.
4. The header of each lettered workout indicates what type of sequence you will be performing and rest times. Additional rest times may also be found in the body of the workouts.
5. **Warm-up:** A general cardio warm up (Rower, Dual Action Stationary Bike, Ski-erg, etc.) of 5-10 minutes that increases body temperature and warms exercising muscles is recommended, but not required. Additionally, the first 1-2 rounds of every workout should be performed using warm up weight for 10-15 reps. [Click for Mobility Drills Guidelines](#)
6. If you have questions about the program, please **DO NOT** message Paul via any form of social media, as your questions will most likely not be answered. Paul receives 1000's of direct messages and post comments on social media daily and is unable to see or respond to all of them. **INSTEAD, please complete the email form on the "[Contact](#)" page for the fastest reply.**

**7. Average workout time: 60 min** This will vary depending on the specific workout, users fatigue and fitness level, accessibility to equipment, speed of reps and sets, recovery time, potential interruptions, etc.

**8.** If you have a limited amount of time on a particular workout day, try to perform as many sets as possible during that time period.

**9.** [Video links](#) show demonstration of proper form. They do not show the amount of weight you should be using. Use appropriate weight for the intensity described in each exercise.

**10.** If there is an exercise listed in the program that you cannot complete due to equipment availability, you may substitute a resistance band that is compatible with the weight effort described and attach it to a stable structure closest to what is described or shown in video demonstration.

**11.** If you are not yet able to perform unassisted pull-ups or chin-ups, you may perform them with band assistance.



**AVERAGE WORKOUT TIME:**

**60 MIN**

## GUIDELINES

1. I do not always count reps so please use them as a guideline.
2. Maximize your time under tension and contraction during all exercises. Movements should be controlled unless otherwise noted. Concentration and focus are essential to proper contraction and mind body connection. Connecting with your muscles will lead to better and faster results.
3. With all forms of exercise, injury is always a potential risk and possibility. The key to minimizing injury is proper form and alignment. Slower, stronger reps can prevent you from passing a point in range of motion where injury could possibly occur. A strong foundation leads to a rock-solid body.
4. Attention to detail when performing every exercise is crucial to your success. Finishing an exercise or sequence and not feeling the specific muscle groups or cardio effect will lead to subpar results. Understanding your body and realizing its limitations is extremely important. Be intuitive with every aspect of your fitness regimen.
5. It is recommended that you consult your doctor or medical care practitioner before starting this, or any exercise program, especially if you have underlying medical conditions.
6. Always try to use the specified piece of equipment. However, if access to barbells, dumbbells, and kettlebells is limited, they all may be used in place of one another.
7. A rested body regenerates quicker and allows for more intensity during prescribed workouts.
8. NEVER go more than 2-3 days without working out unless a life event gets in the way.
9. Your success and results with my program also depend on your mental approach and how much effort you apply. Missing workouts, eating poorly, lack of effort-consistency-focus, your current fitness level, genetic predisposition, athletic disposition, are all factors that can affect your outcome.
10. Approach every workout with as much energy, intensity, and focus as you can on any given day.
11. Utilize the Nutritional Guidelines supplement to help compliment your results.
12. Seize any opportunity to find fitness.
13. Do your best and never cut corners.



# GLOSSARY OF TERMINOLOGY

**WARMUP WEIGHT:** Very light to warm up all of the joints involved. Should increase heart rate and blood flow and prepare the body for heavier sets.

**CHALLENGE WEIGHT:** Weight should be challenging enough that you can not complete more than the prescribed number.

**MEDIUM WEIGHT:** A weight that is challenging but not overbearing. You should be able to complete full range of motion with this workload. Approximately 60% of 1 Rep Max.

**MEDIUM PLUS WEIGHT:** Heavy enough to take you out of a medium comfort zone. Approximately 70% of 1 Rep Max.

**HEAVY WEIGHT:** Should be heavy but you should be able to lift approximately 2 more reps than prescribed. i.e. if the set calls for 5 repetitions you should be able to complete 6-7 repetitions. Approximately 80% of 1 Rep Max

**HEAVY WEIGHT: AS HEAVY AS POSSIBLE TO COMPLETE:** This is a weight that you should not be able to lift more than the prescribed number of reps. If the set calls for 5 repetitions, you should not be able to perform 6 repetitions. Approximately 90% of 1 Rep Max.

**SETS AND REPS:** the first number is the number of sets, the second is the number of reps For example, 2 x 12 means 2 sets of 12 reps each

**TO FAILURE:** The point during a set in which you can no longer complete a rep with good form.

**ROUND:** A complete series of bundled exercises, similar to a set

**PLYOMETRIC (PLYO):** an exercise that involves a stretch reflex and is ballistic in nature. The muscle stretches quickly as it contracts simultaneously during the eccentric, or commonly referred to as “negative” portion of a muscle contraction

# ADDITIONAL TIPS FOR SUCCESS

## USER SKILL LEVEL

Please modify the workout as follows:

- **Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described in the program. Reduce weight as necessary.
- **Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described in the program. Reduce weight as necessary.
- **Advanced:** Perform all rounds and sets as described in the program. Reduce or increase weight as necessary.

## EQUIPMENT

This is a recommended equipment list. It is not essential to have every piece of equipment listed. However, the more you have access to, the greater your chance of success.

- Barbells
- Dumbbells
- Kettlebells
- Pullup Station/Bars
- Slam Balls
- Lebert Equalizers
- Adjustable Bench
- Resistance Bands
- Parallettes
- BattleRope
- Suspension Trainer

## MOBILITY DRILLS

**Instructions:** Included are multiple variations of mobility exercises and drills that can be used as a daily warm-up prior to beginning a workout, as a cool-down, or as a stand-alone mobility workout on off days. Each drill or segment should be performed for 1-2 minutes and can be performed alone or as a continuous series. You may choose to do some or all of the mobility exercises provided as mobility varies from one person to another. These specific drills focus mainly on hip and shoulder mobility. [Click to View Mobility Drills](#)

A muscular man with a beard is shown from the chest up, working out on a cable machine in a gym. He is holding the handles of the machine with both hands, and his muscles are clearly defined. The background is dark and slightly blurred, showing other gym equipment. The text "WEEK 1 WORKOUTS" is overlaid on the image in a white box.

# WEEK 1

## WORKOUTS





# WORKOUT #1

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: LEGS & CORE

A	<b>10 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Elevated Heel Bodyweight Squat</u>	25	Bodyweight
2	<u>Dumbbell Goblet Squat</u>	10-12	Medium Plus
Rest 2 Minutes Before Beginning <b>Block B</b>			

### TARGET: LEGS, CORE, CHEST, CONDITIONING & CALVES

B	<b>4 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Burpee with Knee Tuck to Ascending Deadlift</u>	60 Seconds	Medium Plus
2	<u>Standing Calf Raise</u>	25	Bodyweight
Rest 1 Minute Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #1

## TARGET: CHEST, ABS & TRICEPS

<b>C</b>	<b>4 ROUNDS</b> Rest 1 Minute Between Rounds	<b>REPS</b>	<b><u>WEIGHT</u></b>
1	<u>Single Arm Cable Crunch</u>	10-12 per arm	Medium Plus
2	<u>Mid Cable Chest Fly</u>	12-15	Medium
3	<u>Top Half Push-Ups</u>	25	Bodyweight
Rest 1-2 Minutes Before Beginning <b>Block D</b>			

## TARGET: CHEST, ABS & TRICEPS

<b>D</b>	<b>4 ROUNDS</b> Rest 1 Minute Between Rounds	<b>REPS</b>	<b><u>WEIGHT</u></b>
1	<u>Plank Push-Up</u> or <u>Push-up Plank Modification</u>	10	Bodyweight
2	<u>Low Cable Chest Fly</u>	12-15	Medium
3	<u>Push Ups</u>	25	Bodyweight
Rest 1-2 Minutes Before Beginning <b>Block E</b> on Next Page			

# WORKOUT #1

TARGET: TRICEPS, CHEST & ABS

E	<b>5 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dips</u>	10	Bodyweight
2	<u>Bodyweight Skull Crusher</u>	10	Bodyweight

# WORKOUT #2

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: BBACK, REAR DELTS, BICEPS, CORE & LEGS

A	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 1-2 Minutes Between Rounds		
1	<u>Rear Delt Raises</u>	12-15	Medium
2	<u>Alternating Single Leg RDL Row</u>	10-12 per leg	Medium Plus
Rest 2 Minutes Before Beginning <b>Block B</b>			

### TARGET: BACK, BICEPS & CORE

B	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 1-2 Minutes Between Rounds		
1	<u>Close Grip Seated Cable Row</u>	10-12	Medium Plus
2	<u>Renegade Row Burpee Biceps Curl</u>	5 Complete Sequences	Medium Plus
Rest 2 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #2

## TARGET: LATS, SERRATUS & CORE

C	<b>5 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Straight Arm Rope Pulldown</u>	12-15	Medium
2	<u>Triceps Rope Pressdown</u>	5-8	Heavy
Rest 2 Minutes Before Beginning <b>Block D</b>			

## TARGET: BACK, BICEPS & CORE

D	<b>5 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pullup</u>	5	Bodyweight
2	<u>Double Dumbbell Biceps Curl</u>	10-12	Medium Plus
3	<u>Alternating Hammer Curl</u>	5-8 per arm	Heavy
Rest 2 Minutes Before Beginning <b>Block E</b> on Next Page			



# WORKOUT #2



TARGET: BICEPS & CORE			
E	<b>4 SETS</b> Rest 1-2 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Alternating Biceps Curl</u> <u>with Top Hold</u>	10-12 per arm	Medium Plus
Rest 2 Minutes Before Beginning <b>Block F</b>			

TARGET: CORE, CHEST, TRICEPS & LATS			
F	<b>4 SETS</b> Rest 1-2 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Plank Body-Saw with Alternating</u> <u>Forward Reach</u>	2 Full Sequences then Finish with 5 Pushups	Bodyweight

# WORKOUT #3

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: SHOULDERS & SCAPULAR REGION

A	<b>4 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2 Minutes Between Rounds		
1	<u>High Kettlebell Clean to Overhead Press</u>	10-12	Medium Plus
2	<u>Strict Overhead Barbell Press</u>	10-12	Medium Plus
Rest 2 Minutes Before Beginning <b>Block B</b>			

### TARGET: SHOULDERS, SCAPULAR REGION, TRAPS & CONDITIONING

B	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	10-12 per arm	Medium Plus
2	<u>Hang Clean</u>	10-12	Medium Plus
Rest 2 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #3



TARGET: SHOULDERS, TRAPS & CONDITIONING			
C	<b>5 ROUNDS</b> Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Rack Pulls</u>	10-12	Medium Plus
2	<u>Barbell Shrugs</u>	10-12	Medium Plus
Rest 2 Minutes Before Beginning <b>Block D</b>			

TARGET: SHOULDERS, SCAPULAR REGION, CONDITIONING & CORE			
D	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Seated Single Arm Alternating Dumbbell Shoulder Press</u>	5-8 per arm	Heavy
2	<u>High External Rotation</u>	12-15	Medium
3	<u>Slam Ball Squat to Escalating Overhead Press</u>	30 Seconds as Many Reps as Possible	Heavy Slam Ball

# WORKOUT #4

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

TARGET: LEGS & CORE			
A	<b>5 ROUNDS</b> Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Front Barbell Reverse Lunge</u>	5-6 per leg	Medium Plus
2	<u>Barbell Squat</u>	5-8	Heavy
Rest 1-2 Minutes Before Beginning <b>Block B</b>			

TARGET: LEGS & CORE			
B	<b>5 ROUNDS</b> Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Reverse Alternating Barbell Lunge</u>	5-6 per side	Medium Plus
2	<u>Barbell Squat</u>	5-8	Heavy
Rest 1-2 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #4

## TARGET: CHEST & TRICEPS

C	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Dumbbell Chest Fly</u>	10-12	Medium Plus
2	<u>Barbell Bench Press</u>	10-12	Medium Plus
3	<u>Straight Leg Bench Dip</u> or <u>Bent Knee Bench Dip</u>	15	Bodyweight
Rest 1-2 Minutes Before Beginning <b>Block D</b>			

## TARGET: LEGS, CONDITIONING, CORE & TRICEPS

D	<b>3 SETS</b>	REPS	<u>WEIGHT</u>
	Rest 1 Minute Between Sets		
1	<u>Slam Ball Squat Side Lunge</u> <u>Complex with Middle Jump Squat</u>	60 seconds	Medium Weight Ball
2	<u>Plank Push-Up</u>	10	Bodyweight



# WORKOUT #5

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: SHOULDERS, TRAPS, CONDITIONING & BACK

A	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Hang Clean to Overhead Press</u>	10-12	Medium Plus
2	<u>Parallel Grip Pull-Up</u>	8-10	Bodyweight
Rest 2 Minutes Before Beginning <b>Block B</b>			

### TARGET: LATS, CORE, TRICEPS & CHEST

B	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Dumbbell Close Grip Pullover</u>	12-15	Medium
2	<u>Seated Straight Bar Cable Row</u>	10-12	Medium Plus
Rest 2 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #5



TARGET: BICEPS, CORE, BACK & CONDITIONING			
C	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Chin-Ups</u>	5	Bodyweight
2	<u>Alternating Hammer Curl</u>	10-12 per arm	Medium Plus
3	<u>Slam Ball Squat Slam with Straight Arm Pickup</u>	30 Seconds	Medium Plus Ball
Rest 1-3 Minutes Before Beginning <b>Block D</b>			

TARGET: TRICEPS			
D	<b>5 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>W-Bar Triceps Pressdown</u>	10-12	Medium Plus
2	<u>Dips</u>	8-10	Bodyweight

A muscular man with a beard is working out on a cable machine in a gym. He is shirtless, showing his well-defined muscles. The background is dark and slightly blurred, with the words "Life Fitness" visible on a piece of equipment. A white rectangular box is overlaid on the center of the image, containing the text "WEEK 2" in large, bold, white capital letters, and "WORKOUTS" in smaller, white capital letters below it. A red brushstroke underline is positioned beneath the word "WORKOUTS".

# WEEK 2

## WORKOUTS

# WORKOUT #6

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: LEGS & CONDITIONING

A	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Conventional Deadlift</u>	5-8	Heavy
2	<u>Dumbbell Goblet Squat</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: LEGS & CONDITIONING

B	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Wall Sit</u>	45 Seconds	Bodyweight
2	<u>Standing Calf Raise</u>	40	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #6



TARGET: CHEST			
C	<b>5 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Bench Press</u>	10-12	Medium Plus
2	<u>Dumbbell Chest Fly</u>	5-8	Heavy
Rest 2-3 Minute Before Beginning <b>Block D</b>			

TARGET: TRICEPS & CORE			
D	<b>5 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Straight Leg Bench Dip</u> or <u>Bent Knee Bench Dip</u>	15-20	Bodyweight
2	<u>Dumbbell Skull Crusher</u>	10-12	Medium Plus
3	<u>Plyometric Bench Pushup</u>	15-20	Bodyweight



# WORKOUT #7

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: BACK, BICEPS & CORE

A	<b>20 SETS</b> Rest 1 Minute Between Sets	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pullup</u>	5	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: BACK, BICEPS & CORE

B	<b>5 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Close Grip Seated Cable Row</u>	10-12	Medium Plus
2	<u>Plank Push-Up</u> or <u>Push-up Plank Modification</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #7



TARGET: SCAPULAR REGION, BICEPS & CORE			
C	<b>5 ROUNDS</b> Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Straight Bar Cable Pulldown</u>	10-12	Medium Plus
2	<u>Single Arm Cable Crunch</u>	10-12 per arm	Medium Plus
3	<u>Alternating Biceps Curl</u> <u>with Top Hold</u>	5-8 per arm	Heavy
Rest 2-3 Minutes Before Beginning <b>Block D</b>			

TARGET: BACK, BICEPS & CORE			
C	<b>4 ROUNDS</b> Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Cable Face Pull</u>	10-12	Medium Plus
2	<u>Alternating Hammer Curl</u>	5-8 per arm	Heavy

# WORKOUT #8

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: SHOULDERS & CORE

A	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 1-2 Minutes Between Rounds		
1	<u>Alternating Arm Kettlebell Overhead Press</u>	5-6 per arm	Medium Plus
2	<u>Dumbbell Shrugs</u>	12-15	Medium
3	<u>Front Lateral Alternating Shoulder Raise Hold</u>	10-12 per side 10-12 with right arm front and left arm to the side. Then 10-12 with left arm front and right arm to the side. <b>Every arm movement counts as 1 rep.</b>	Medium Plus
Rest 2 Minutes Before Beginning <b>Block B</b>			

### TARGET: SHOULDERS, CORE, CONDITIONING

B	<b>5 SETS</b>	REPS	<u>WEIGHT</u>
	Rest 1-2 Minutes Between Sets		
1	<u>Hang Clean to Overhead Press</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #8



## TARGET: SHOULDERS, CORE & CONDITIONING

C	<b>5 ROUNDS</b> Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Row to Snatch Flow</u>	5 full sequences as shown in video Five row to snatch combos, five snatches, 5 rows	Medium Plus
2	<u>Rear Deltoid Raise</u>	16-20	Challenge
Rest 2 Minutes Before Beginning <b>Block D</b>			

## TARGET: OBLIQUES, CORE & LOWER BACK

D	<b>5 ROUNDS</b> Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Side Plank Rotational Press</u>	10-12 per side	Medium Plus
2	<u>Alternating Single Arm Superman Extensions</u>	10 per side	Bodyweight

# WORKOUT #9

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: LEGS, CORE, SHOULDERS & CONDITIONING

A	<b>6 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Front Squat</u> or <u>Kettlebell Front Squat</u>	<b>Round 1-3:</b> 10-12  <b>Round 4-6:</b> 5-8	<b>Round 1-3:</b> Medium Plus  <b>Round 4-6:</b> Heavy
2	<u>Kettlebell Low Clean</u> <u>Squat Complex</u>	5-8	Heavy
3	<u>Kettlebell Goblet Squat</u>	5-8	Heavy
Rest 2-3 Minutes Before Beginning <b>Block B</b> on Next Page			



# WORKOUT #9



TARGET: LEGS, CORE, CONDITIONING & CALVES			
B	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
	1 <u>Reverse Alternating Barbell Lunge</u>	5-6 per leg	Medium Plus
	2 <u>Elevated Heel Goblet Squat</u>	10-12	Medium Plus
	3 <u>Fixed Bent Knee Standing Calf Raises</u>	15	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b>			

TARGET: UPPER CHEST			
C	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2 Minutes Between Rounds		
	1 <u>Incline Dumbbell Chest Press</u>	5-8	Heavy
	2 <u>Incline Dumbbell Chest Fly</u>	10-12	Medium Plus
	Rest 2-3 Minutes Before Beginning <b>Block D</b>		

TARGET: UPPER AND INNER CHEST, TRICEPS & CORE			
D	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 1-2 Minutes Between Rounds		
	1 <u>Incline Squeeze Press</u>	5-8	Heavy
	2 <u>Close Grip Incline Bench Push-up</u>	10-15	Bodyweight

# WORKOUT #10

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: FULL BODY CONDITIONING WITH BICEPS & SHOULDER CONCENTRATION

A	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>RDL to Overhead</u>	10-12	Medium
2	<u>60 Second Continuous Alternating Dumbbell Biceps Curl</u>	60 Seconds	Medium
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: BACK, BICEPS & CORE

B	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Parallel Grip Pull-Up</u>	8-10	Bodyweight
2	<u>Alternating Hammer Curl</u>	5-8 per arm	Heavy
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #10

## TARGET: TRICEPS & CORE

C	<b>4 SETS</b> No Rest Between Sets	REPS	<u>WEIGHT</u>
1	<u>Reverse Grip Single Arm Cable Triceps Extension</u> 2 Sets Per Arm – Alternate arms with no rest until 4 total sets have been complete	10-12 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block D</b>			

## TARGET: TRICEPS & CORE

D	<b>4 ROUNDS</b> Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Double Dumbbell Biceps Curl</u>	5-8	Heavy
2	<u>Chin-Ups</u>	5	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block E</b> on Next Page			

# WORKOUT #10



TARGET: TRICEPS			
E	<b>4 ROUNDS</b> Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Close Grip Bench Press</u>	5-8	Heavy
2	<u>Dips</u>	5	Bodyweight
Rest 2-3 Minutes Before Beginning Block F			

TARGET: BACK, CORE & LEGS			
F	<b>3 ROUNDS</b> Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Leg Wall Hold with Dumbbell Row</u>	10-12 per leg	Medium Plus
2	<u>Rotational Dumbbell Biceps Curl</u>	10-12 per arm	Medium Plus

A muscular man with a beard is working out on a cable machine in a gym. He is shirtless, showing his well-defined muscles. The background is dark and slightly blurred, with the words "Life Fitness" visible on a piece of equipment. A white rectangular box is overlaid on the center of the image, containing the text "WEEK 3" in large, bold, white capital letters, and "WORKOUTS" in smaller, white capital letters below it. A red brushstroke underline is positioned beneath the word "WORKOUTS".

# WEEK 3

## WORKOUTS

# WORKOUT #11

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: POSTERIOR CHAIN, CORE, CHEST & MOBILITY

A	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Conventional Deadlift</u>	<b>Rounds 1-2:</b> 10-12 <b>Rounds 3-4:</b> 5-8 <b>Rounds 5-6:</b> 3-5	<b>Round 1-2:</b> Medium Plus <b>Rounds 3-4:</b> Heavy <b>Rounds 5-6:</b> As Heavy as Possible
2	<u>Dumbbell Plank and Hip Flexor Step Through</u>	5 per side	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: POSTERIOR CHAIN & LEGS

B	<b>4 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Conventional Deadlift</u>	As many as possible in <b>60 seconds</b> with good form	Medium
2	<u>Reverse Bodyweight Power Lunge</u>	5 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #11

## TARGET: CHEST & TRICEPS

C	<b>8 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Bench Press</u>	10-12	Medium Plus
2	<u>Dumbbell Chest Fly</u>	10-12	Medium Plus
3	<u>Straight Leg Bench Dip</u> or <u>Bent Knee Bench Dip</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block D</b>			

## TARGET: CORE, CHEST & TRICEPS

D	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Push-Up with Alternating Knee Tuck</u>	10	Bodyweight
2	<u>Flat Bench Dumbbell Squeeze Press</u>	10-12	Medium Plus

# WORKOUT #12

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: BACK, CORE & TRICEPS

A	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Straight Bar Cable Pulldown</u>	10-12	Medium Plus
2	<u>W-Bar Triceps Pressdown</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: BACK, CORE, REAR DELTS & BALANCE

B	<b>3 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Standing Underhand Cable Row</u>	16 then 5-10 fast reps	Challenge
2	<u>Single Leg Rear Delt Raise</u>	10-12 per leg	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			



# WORKOUT #12

## TARGET: CHEST & HIIT CONDITIONING

C	<b>3 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Standing Cable Row</u>	16 then 5-10 fast reps	Challenge
2	<u>Alternating Hammer Curl</u>	10-12 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block D</b>			

## TARGET: BACK, CORE & TRICEPS

D	<b>3 ROUNDS</b> Rest 2-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Bodyweight Skull Crusher</u>	10	Bodyweight
2	<u>Dumbbell Close Grip Pullover</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block E</b> on Next Page			

# WORKOUT #12

## TARGET: BACK, CORE & TRICEPS

E	<b>3 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Standing Close Grip Row</u>	16 then 5-10 fast reps	Challenge
2	<u>Lateral Band Step Biceps Curl</u>	5-6 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block F</b>			

## TARGET: BACK, CORE, LEGS & CONDITIONING

F	<b>5 SETS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Sets		
1	<u>Kettlebell Deadlift Burpee</u>	10-12	Medium Plus

# WORKOUT #13

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: LEGS, CALVES & CONDITIONING

A	<b>8 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Elevated Heel Bodyweight Squat</u> and <u>Elevated Heel Goblet Squat</u>	Round 1: 20 Round 2-3: 10-12 Rounds 4-8: 5-8	Round 1: Bodyweight Round 2-3: Medium Plus Rounds 4-8: Heavy
2	<u>Bodyweight Squat</u>	Round 1: 20 Round 2: 10 Round 3: 8 Rounds 4-8: 5	Bodyweight
3	<u>Standing Calf Raise</u>	20	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b> on the Next Page			

# WORKOUT #13

## TARGET: LEGS, CALVES & CONDITIONING

B	<b>4 SETS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Sets		
1	<u>Modified Single Arm Dumbbell Snatch</u>	10-12 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block C</b>			

## TARGET: SHOULDERS, CORE & CONDITIONING

C	<b>3 SETS</b>	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Sets		
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	10-12 per arm	Medium Plus

# WORKOUT #14

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: CHEST, BACK, CORE & TRICEPS

A	<b>6 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
	<u>Low Cable Chest Fly</u>	10-12	Medium Plus
	<u>Dips</u>	12	Bodyweight
	<u>Military Grip Pullup</u>	8	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: CHEST, BACK, CORE & TRICEPS

B	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
	<u>Alternating Single Leg RDL Row</u>	5-6 per leg	Medium Plus
	<u>Renegade Row</u>	5-6 per arm	Medium Plus
	<u>Dumbbell Pushup With Knee Tuck</u>	5 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #14



TARGET: CHEST, BACK, CORE & TRICEPS			
C	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single, Single, Double Incline Dumbbell Chest Press</u>	5-8 full sequences	Heavy
2	<u>Incline Squeeze Press</u>	10-12	Medium Plus
3	<u>Incline Dumbbell Chest Fly</u>	12-15	Medium
Rest 2-3 Minutes Before Beginning <b>Block D</b>			

TARGET: TRICEPS, CORE & TRICEPS			
D	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>W-Bar Triceps Pressdown</u>	5-8	Heavy
2	<u>W Bar Overhead Triceps Cable Extension</u>	10-12	Medium Plus
3	<u>Single Arm Cable Crunch</u>	20 per side	Challenge

# WORKOUT #15

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

TARGET: LEGS			
A	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Front Squat</u>	10-12	Medium Plus
2	<u>Barbell Reverse Lunge</u>	5-6 per leg	Medium Plus
3	<u>Standing Calf Raise</u>	10 right leg 10 left leg 10 both legs together (30 total)	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

TARGET: LEGS			
B	<b>3 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Bodyweight 3 Way Continuous Lunge with Squat Center</u>	1 Minute	Bodyweight
2	<u>Wall Sit</u>	45-60 Seconds	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #15

## TARGET: SHOULDERS, TRAPS & CORE

C	<b>4 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Shrug</u>	16	Challenge
2	<u>Lateral Shoulder Raise with Single Arm Hold</u>	10-12 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block D</b>			

## TARGET: SHOULDERS, TRAPS & CORE

D	<b>4 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	10-12 per arm	Medium Plus
2	<u>Rear Deltoid Raises</u>	10-12	Medium Plus
3	<u>Alternating Biceps Curl with Top Hold</u>	5-8 per arm	Heavy



A full-page background image of a muscular man with a beard and short grey hair, shirtless, performing a cable exercise. He is holding two handles of a machine, pulling them towards his chest. The gym environment is visible in the background with various equipment. The image has a dark, semi-transparent overlay.

# WEEK 4

## WORKOUTS



# WORKOUT #16

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: POSTERIOR CHAIN, CHEST, TRICEPS, CORE & CONDITIONING

A	<b>6 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Conventional Deadlift</u>	12-15	Medium
	<u>Dips</u>  <b>Alternate exercise:</b> <u>Straight Leg Bench Dip</u> or <u>Bent Knee Bench Dip</u>	10-15	Bodyweight
	<u>Close Grip Incline Bench Push-up</u>	15	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b> on Next Page			

# WORKOUT #16



## TARGET: POSTERIOR CHAIN, CHEST, BICEPS, CORE &, CONDITIONING

B	<b>6 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Flat Bench Dumbbell Squeeze Press</u>	12-15	Medium
	<u>Dumbbell Chest Fly</u>	12-15	Medium
	<u>Rotational Dumbbell Biceps Curl</u>	10-12	Medium Plus
	<u>Bodyweight Skull Crusher</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b>			

## TARGET: POSTERIOR CHAIN, CHEST, TRICEPS, CORE, CONDITIONING

C	<b>3 SETS</b> Rest 2-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
	<u>Kettlebell Deadlift Burpee</u>	10-12	Medium Plus

# WORKOUT #17

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: BACK, CORE & BICEPS

A	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
	<u>Military Grip Pullup</u>		
	<u>Inverted Parallel Grip Equalizer Row</u> or <u>Dumbbell Bent Over Row</u>		
	<u>Straight Arm Band Pulldown</u>		
1		10	Bodyweight
2		12-15	Bodyweight or Medium
3		15	Heavy Band
Rest 2-3 Minutes Before Beginning <b>Block B</b> on Next Page			

# WORKOUT #17



TARGET: CHEST & CORE			
B	<b>5 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Bent Over Row</u>	10-12	Medium Plus
2	<u>Superman Plank Ball Touch</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b>			

TARGET: BACK, BICEPS & CORE			
C	<b>5 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Close Grip Pullover</u>	12-15	Medium
2	<u>Inverted Double Overhand Grip Equalizer Row</u>	10-15	Bodyweight
3	<u>Plank Shoulder Taps</u>	10 per arm	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Optional Block D</b> on Next Page			

# WORKOUT #17

## TARGET: BACK, BICEPS & CORE

D	<b>5 ROUNDS</b> Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Inverted Double Underhand Grip Equalizer Row</u>	15	Medium
2	<u>180 Degree Alternating Biceps Curl</u>	5-6 per arm	Medium Plus
3	<u>Alternating Hammer Curl</u>	5-6 per arm	Medium Plus

# WORKOUT #18

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: LEGS (QUADS), CALVES & CORE

A	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Barbell Front Squat</u>	10-12	Medium Plus
2	<u>Standing Calf Raise</u>	15	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b>			

### TARGET: LEGS (QUADS), HIPS, CALVES, CORE & CONDITIONING

B	<b>5 ROUNDS</b>	REPS	<u>WEIGHT</u>
	Rest 2-3 Minutes Between Rounds		
1	<u>Wall Sit with Manual Resistance</u>	60 Seconds	Bodyweight
2	<u>Walking Dumbbell Lunges</u>	20 per leg	Challenge
3	<u>Lateral Band Steps</u>	25 per leg	Heavy Band
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page			

# WORKOUT #18



TARGET: LEGS, HIPS, CALVES, CORE & CONDITIONING			
C	<b>4 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Jumping Lunges</u>	20 per side	Bodyweight
2	<u>Elevated Heel Squats</u>	20	Bodyweight
3	<u>Forearm Plank with Alternating Stiff Leg Glute Raise</u>	12 per leg	Bodyweight



# WORKOUT #19

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: SHOULDERS, CORE & CONDITIONING

A	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Modified Single Arm Dumbbell Snatch</u>	12-15 per arm	Medium
	<u>High External Rotation</u>	12-15	Medium
	<u>Dumbbell Shrugs</u>	10-12	Medium Plus
	Rest 2-3 Minutes Before Beginning <b>Block B</b> on Next Page		

# WORKOUT #19



TARGET: SHOULDERS, CORE & CONDITIONING			
B	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	5-6 per arm	Medium Plus
2	<u>Seated Single Arm Alternating Dumbbell Shoulder Press</u>	5-6 per arm	Medium Plus
3	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	10-12 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block C</b>			

TARGET: TRAPS, SHOULDERS, POSTERIOR CHAIN & CORE			
C	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Suspension Overhead Oblique Bend</u>	10 per side	Bodyweight
2	<u>Rear Delt Raises</u>	12-15	Medium
3	<u>Front Lateral Alternating Shoulder Raise Hold</u>	5-6 per side	Medium Plus
Rest 2-3 Minutes Before Beginning <b>Block D</b> on Next Page			

# WORKOUT #19



TARGET: SHOULDERS, CORE & CONDITIONING			
D	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Suspension Overhead</u> <u>Oblique Bend</u>	10 per side	Bodyweight
2	<u>Standing Landmine</u> <u>Trunk Rotation</u>	10 per side	Challenge

# WORKOUT #20

## USER SKILL LEVEL

Please modify the workout as follows:

**Beginner:** Perform 2-3 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Intermediate:** Perform 3-4 of the prescribed number of sets or rounds as described. Reduce weight as necessary.

**Advanced:** Perform all rounds and sets as described. Reduce or increase weight as necessary.

### TARGET: LEGS, CORE & CONDITIONING

TARGET: LEGS, CORE & CONDITIONING				
A	5 ROUNDS	REPS	<u>WEIGHT</u>	
	Rest 2-3 Minutes Between Rounds			
	1	<u>Step-Up Squat Flow</u>	80 Seconds	Bodyweight
	2	<u>Dumbbell Goblet Squat</u>	20	Challenge
	3	<u>Jump Squats</u>	30 Seconds	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block B</b>				

### TARGET: BACK, CORE, TRICEPS & CONDITIONING

TARGET: BACK, CORE, TRICEPS & CONDITIONING				
B	5 ROUNDS	REPS	<u>WEIGHT</u>	
	Rest 2-3 Minutes Between Rounds			
	1	<u>Chin Ups</u>	8	Bodyweight
	2	<u>Push-Up Row Deadlift Flow</u>	5 full sequences	Medium Plus
	3	<u>Bodyweight Skull Crusher</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning <b>Block C</b> on Next Page				

# WORKOUT #20



TARGET: CHEST, TRICEPS, CORE, BICEPS & CONDITIONING

C	<b>5 ROUNDS</b> Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Close Grip Push-Up</u>	12	Bodyweight
	<u>Dips</u>	10	Bodyweight
	<u>Incline Equalizer Push-up with Alternating Knee Tuck</u> Substitute any elevated platform if necessary	16	Bodyweight
	<u>Lateral Band Step Biceps Curl</u>	10	Heavy Band



# CONGRATULATIONS ON COMPLETING THIS VOLUME!

**Next volume will be available on the website on May 14th.**