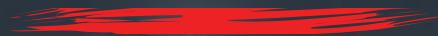




PAUL SKLAR FIT 365

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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.



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

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](#)

LifeFitness

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: POSTERIOR CHAIN, LEGS & CORE			
A	6 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Hybrid Barbell Deadlift</u> or <u>Kettlebell Deadlift</u>	10-12	Medium Plus
2	<u>Bodyweight Squat</u>	15	Bodyweight
3	<u>Alternating Reverse Power Lunge</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #1



TARGET: LEGS, CORE & CONDITIONING			
B	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Walking Kettlebell Lunges</u>	20	Challenge
2	<u>Single Leg Calf Raise</u>	10 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: LEGS, CONDITIONING & CORE (OBLIQUE EMPHASIS)			
C	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Squat Side Lunge – Reverse Lunge Flow</u>	60 seconds	Bodyweight
2	<u>Side Plank with Shoulder Raise</u>	10 per side	Bodyweight
3	<u>Medial Lateral Plank Skips</u>	30 seconds	Bodyweight
4	<u>Mountain Climbers</u>	30 seconds	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: CHEST, TRICEPS & CORE			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Single Arm Band Chest</u> <u>and Core Fly</u>	15 per side	Heavy Band
2	<u>Outside Inside Plyo</u> <u>Bench Push-up Flow with</u> <u>10 Bench Push-up Finish</u>	20 outside inside plyo bench push-ups 10 bench push-up finish	Bodyweight
3	<u>Bench Dip</u>	10	Bodyweight

Rest 2-3 Minutes Before Beginning **Block B** on Next Page

WORKOUT #2



TARGET: CORE, TRICEPS, SHOULDERS & BACK

B	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Plank Front Shoulder Raise Flow</u>	10 front shoulder raises 10 close grip pushups 10 front shoulder raises opposite arm	Bodyweight
2	<u>Forearm Plank Pushup with Single Arm Alternating Row</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #2



TARGET: BACK, BICEPS & CONDITIONING

C	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Inverted Parallel Grip Equalizer Row</u> or <u>Neutral Grip Standing Band Row</u>	15	Bodyweight
2	<u>PaulSklarXFit HIIT</u> <u>System Dynamic Curls</u> or <u>Single Arm Alternating Heavy Band Curl</u>	10 per side	Bodyweight
3	<u>Dips</u>	10	Bodyweight
4	<u>Bottom Half Alternating Biceps Curls with Hold</u>	10-12 per side	Medium Plus

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 & TRAPS			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u> with 5 rep finish of <u>Dumbbell Lateral Shoulder Raise</u>	10-12 per arm then 5 rep finish	Medium Plus
2	<u>Seated Single Arm Alternating Dumbbell Shoulder Press</u>	10-12 per arm	Medium Plus
3	<u>Dumbbell Shrugs</u>	25	Challenge
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #3



TARGET: SHOULDERS, UPPER BACK, TRAPS & CONDITIONING

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Dead Hang</u> <u>Clean to Overhead Press</u>	10-12	Medium Plus
2	<u>Single Leg Rear Delt Raise</u>	8 per leg	Medium
3	<u>Standing Band Rear Delt Raise</u>	15	Heavy Band
Rest 2-3 Minutes Before Beginning Block C			

TARGET: OBLIQUES

C	3 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>PaulSklarXFit HIIT System</u> <u>Suspension Oblique</u> or <u>Suspension Overhead</u> <u>Oblique Bend</u>	10 per side	Bodyweight

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 & CONDITIONING			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Reverse Alternating Barbell Lunge</u> or <u>Reverse Bodyweight Power Lunge</u>	8 per side or 15 per side	Challenge Weight or Bodyweight
2	<u>Elevated Heel Goblet Squat</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #4



TARGET: LEGS, CORE & CONDITIONING

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Step Up Squat Flow</u>	60 seconds	Bodyweight
2	<u>Lateral Band Steps</u>	30	Heavy Band
3	<u>Band Drop Step Rotation</u>	20	Heavy Band
Rest 2-3 Minutes Before Beginning Block C			

TARGET: LEGS, CORE & CONDITIONING

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Low Clean</u> <u>Squat Complex</u>	10-12 full sequences	Medium Plus
2	<u>Kettlebell Squat Side</u> <u>Lunge Complex</u>	30 seconds	Medium

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: CHEST & CORE			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Dumbbell Chest Fly</u> or <u>Single Arm Band Chest and Core Fly</u>	10-12 or 5-6 per arm	Medium Plus or Heavy Band
2	<u>Decline Bench Push-Up</u>	10	Bodyweight
3	<u>Single, Single, Double Incline Dumbbell Chest Press</u>	6 full sequences	Medium

Rest 2-3 Minutes Before Beginning **Block B** on Next Page

WORKOUT #5



TARGET: BACK, CORE & SHOULDERS			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Parallel Grip Pull-Up</u>	10	Bodyweight
2	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	5-8 per arm	Heavy
Rest 2-3 Minutes Before Beginning Block C			

TARGET: TRICEPS, CORE & BICEPS			
C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Bird Dog Plank Push Up</u>	8-10	Bodyweight
2	<u>Alternating Hammer Curl</u>	5-8 per side	Heavy
3	<u>Bench Dip</u>	10	Bodyweight
4	<u>Dumbbell Goblet Curl</u>	5-8	Heavy

A black and white photograph of a man with a beard and short hair, wearing a dark tank top. He is performing a cable crossover exercise on a machine with two pulleys. The background shows other gym equipment and a 'Life Fitness' logo.

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: POSTERIOR CHAIN, SHOULDERS, TRAPS & CORE			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Hex Bar Deadlift</u> or <u>Kettlebell Deadlift</u>	10-12	Medium Plus
2	<u>Dumbbell Lateral Shoulder Raise</u>	12-15	Medium
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #6



TARGET: BACK, SHOULDERS, CORE & BICEPS			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Alternating Single Leg RDL Row</u>	5 per leg	Medium Plus
2	<u>Lateral Band Step Biceps Curl</u>	8 per side	Heavy Band
3	<u>Side Plank with Shoulder Raise</u>	12 per side	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: FULL BODY CONDITIONING			
C	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Deadlift Burpee</u>	60 seconds	Medium

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: CHEST, TRICEPS & CORE

A	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Push-Up</u>	10	Bodyweight
2	<u>Bench Push-Up</u>	10	Bodyweight
3	<u>Decline Bench Push-Up</u>	10	Bodyweight
4	<u>Incline Close Grip Push-Up</u> <u>with Knee Tuck</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #7



TARGET: BACK, CORE & BICEPS

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Inverted Offset Grip Equalizer Row</u> or <u>Neutral Grip Standing Band Row</u>	15	Bodyweight or Extra Heavy Band
2	<u>Standing Band Rear Delt Raise</u>	15	Heavy Band
3	<u>Dumbbell Goblet Curl</u>	10-12	Medium Plus
4	<u>Horizontal Band Pull</u>	10	Heavy Band
5	<u>PaulSklarXFit HIIT System Row</u> or <u>Renegade Row</u>	30 seconds	Bodyweight

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: LEGS & CONDITIONING			
A	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Single Leg Strict Step Up</u>	15 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: LEGS & CONDITIONING			
B	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Jump Squats</u>	20 seconds	Bodyweight
2	<u>Bodyweight Squat</u> <u>Reverse Lunge Flow</u>	30 seconds	Bodyweight
3	<u>Bodyweight Squat</u> <u>Side Lunge Complex</u>	30 seconds	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #8



TARGET: LEGS & HIPS

C	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Lateral Band Steps</u>	50	Heavy Band
2	<u>Elevated Heel Goblet Squat</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block D			

TARGET: CALVES & CORE

D	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Leg Calf Raise</u>	15 per leg	Bodyweight
2	<u>Plank Taps</u>	20	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: BACK, CHEST, CORE & CONDITIONING			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pullup</u> or <u>Horizontal Band Pull</u>	15	Bodyweight
2	<u>Plyometric Bench Push-Up</u>	25	Bodyweight
3	<u>Single Arm Band</u> <u>Chest Core Fly</u>	10 per arm	Heavy Band
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #9



TARGET: TRICEPS, CHEST & CORE

B	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Equalizer Dip to L-Sit</u>	10	Bodyweight
2	<u>Equalizer Muscle Up</u>	10 per side	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: BICEPS, TRICEPS & CORE

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Alternating Hammer Curl</u>	5-6 per arm	Medium Plus
2	<u>Equalizer Skull Crusher</u> or <u>Bodyweight Skull Crusher</u>	10-12	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: SHOULDERS & CORE			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	10-12 per arm	Medium Plus
2	<u>Side Plank with Shoulder Raise</u>	10-12 per side	Bodyweight
3	<u>Standing Band Rear Delt Raise</u>	10	Heavy Band
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #10



TARGET: SHOULDERS, TRAPS, CORE & CONDITIONING

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Low Kettlebell Clean to Overhead Press</u>	10-12	Medium Plus
2	<u>Front Side Alternating Dumbbell Shoulder Raise</u>	10-12 per side	Medium Plus
3	<u>Dumbbell Shrugs</u>	20	Challenge
Rest 2-3 Minutes Before Beginning Block C			

TARGET: LEGS & CONDITIONING

C	5 ROUNDS No Rest Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Wall Sit</u>	60 seconds	Bodyweight
2	<u>Bodyweight 3 Way Continuous Lunge with Squat Center</u>	60 seconds	Bodyweight

A black and white photograph of a man with a beard and short hair, wearing a dark tank top. He is performing a cable crossover exercise on a machine with two pulleys. The background shows other gym equipment and a 'Life Fitness' logo.

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: LEGS & CONDITIONING			
A	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Forward-Reverse Lunge</u> <u>Push Pull Flow</u>	60 seconds per leg	Bodyweight
2	<u>Dumbbell Goblet Squat</u>	10-12	Medium Plus
3	<u>Standing Calf Raise</u>	15	Bodyweight
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #11



TARGET: FULL BODY WITH LEG & CHEST EMPHASIS			
B	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Offset Kettlebell Deadlift</u>	10-12 per leg	Medium Plus
2	<u>Equalizer Chest Fly Push-up</u> or <u>Push-up</u>	10-15	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: LEGS, CONDITIONING & CORE			
C	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Offset Conventional Kettlebell Deadlift Combo</u>	10 offset each leg then 10 conventional stance (Video shows full sequence)	Challenge
Rest 2-3 Minutes Before Beginning Block D on Next Page			

WORKOUT #11



TARGET: CHEST, CORE & TRICEPS

D	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Arm Band</u> <u>Chest Core Fly</u>	15 per arm	Heavy Band
2	<u>Pushup with Alternating</u> <u>Side Plank Punch</u>	20	Bodyweight
3	<u>Bodyweight Skull Crusher</u>	10	Bodyweight

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, BICEPS, CORE & CONDITIONING			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>PaulSklarXFit HIIT System Row</u> or <u>Neutral Grip Standing Band Row</u>	30 seconds	Bodyweight or Heavy Band
2	<u>Inverted Parallel Grip Equalizer Row</u> or <u>Dumbbell Bent Over Row</u>	12	Bodyweight
3	<u>PaulSklarXFit HIIT System</u> <u>Y Rear Delt Rotation</u> or <u>Standing Band Rear Delt Raise</u>	30 seconds	Bodyweight or Heavy Band
4	<u>Lateral Band Step Biceps Curl</u>	12	Heavy Band
5	<u>Superman Plank Ball Touch</u>	10	Bodyweight

Rest 2-3 Minutes Before Beginning **Block B** on Next Page

WORKOUT #12



TARGET: SHOULDERS, BICEPS & CORE			
B	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	10-12 per side	Medium Plus
2	<u>Kettlebell Dead Hang Clean</u>	10-12	Medium Plus
3	<u>Dumbbell Goblet Curl</u>	5-8	Heavy
Rest 2-3 Minutes Before Beginning Block C			

TARGET: POSTERIOR CHAIN, SHOULDERS & CORE			
C	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Row to Snatch Flow</u>	10-12 full sequences	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 & CONDITIONING			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Bodyweight Squat</u>	20	Bodyweight
2	<u>Wall Sit with Manual Resistance</u>	60 seconds	Bodyweight
3	<u>Bodyweight Squat Side Lunge Complex</u>	60 seconds	Bodyweight
4	<u>Reverse Bodyweight Power Lunge</u>	60 seconds	Bodyweight
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #13



TARGET: LEGS, CORE & CONDITIONING

B	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Elevated Heel Goblet Squat</u>	5-8	Heavy
2	<u>Jump Squats</u>	10	Bodyweight
3	<u>Fixed Bent Knee Standing Calf Raises</u>	20	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: CHEST & TRICEPS

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single, Single, Double Dumbbell Fly</u>	5-8 full sequences	Heavy
2	<u>Close Grip Push-up</u>	10	Bodyweight
3	<u>Dips</u>	8	Bodyweight
4	<u>High External Rotation</u>	12-15	Medium

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: FULL BODY CONDITIONING

A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Kettlebell Deadlift Burpee</u>	10-12	Medium Plus
2	<u>Medial Lateral Plank Skips</u>	30 seconds	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: TRAPS, CORE & SHOULDERS

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Kettlebell Dead Hang Clean</u>	16	Challenge
2	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	6-8 per side	Medium
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #14



TARGET: LEGS, SHOULDERS, CORE & BICEPS

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Low Kettlebell Clean to Overhead Press</u>	10-12	Medium Plus
2	<u>Single Leg Rear Delt Raise</u>	10-12 per leg	Medium Plus

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: POSTERIOR CHAIN & MOBILITY			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Conventional Deadlift</u>	5-8	Heavy
2	<u>Reverse Bodyweight Power Lunge</u>	8 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #15



TARGET: LEGS, CORE, SHOULDERS & BICEPS

B	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Forward Reverse Lunge</u> <u>Biceps Shoulder Flow</u>	<p>One rep consists of:</p> <p>Forward lunge with a biceps curl</p> <p>Reverse lunge with a biceps curl</p> <p>2 neutral grip overhead presses at center</p> <p>Perform 4 reps as described then finish with 5 neutral grip overhead presses per leg</p> <p>(Video shows the complete sequence)</p>	Medium Plus
2	<u>Top Half Goblet Curl</u>	5-8	Heavy
3	<u>Alternating Hammer Curl</u>	5-8 per arm	Heavy
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #15



TARGET: CHEST & CORE

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single, Single, Double Dumbbell Fly</u>	8 full sequences	Challenge
2	<u>Incline Dumbbell Chest Press</u>	5-8	Heavy
3	<u>Bench Push-up with Knee Tuck</u>	20	Bodyweight
Rest 2-3 Minutes Before Beginning Block D			

TARGET: TRICEPS & OBLIQUES

D	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dips</u>	8-10	Bodyweight
2	<u>Bodyweight Skull Crusher</u>	8-10	Bodyweight
3	<u>Close Grip Push-up with Alternating Side Plank Punch</u>	5 per side	Bodyweight

A black and white photograph of a man with a beard and short hair, wearing a dark tank top. He is performing a cable crossover exercise on a machine with two pulleys. The background shows gym equipment, and the brand name "Life Fitness" is visible in the upper left corner.

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: TRAPS & CONDITIONING			
A	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Rack Pull Shrug 5</u>	5 full sequences of: 1 rack pull 5 shrugs	Challenge
Rest 2-3 Minutes Before Beginning Block B			

TARGET: POSTERIOR CHAIN, CORE & CHEST			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Hex Bar Deadlift</u>	10-12	Medium Plus
2	<u>Military Grip Pullup</u>	10	Bodyweight
3	<u>Push-up Plank Glute Raise</u>	10 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #16



TARGET: BACK, BICEPS & CORE

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Close Grip Seated Cable Row</u> or <u>Neutral Grip Standing Band Row</u>	10-12 or 20	Medium Plus or Heavy
2	<u>Cable Rope Pulldown</u> or <u>Horizontal Band Pull</u>	10-12	Medium Plus or Heavy Band
3	<u>Bottom Half Full Top Half</u> <u>Dumbbell Curl Flow</u>	4 full sequences as shown in video 1 rep includes bottom half, full rep, top half	Challenge
4	<u>Alternating Hammer Curl</u>	5-8 per arm	Heavy

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: CHEST, TRICEPS & CORE

A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Dumbbell 3-Second Pause Chest Press</u>	5-8	Heavy
2	<u>Dips</u>	10	Bodyweight
3	<u>Dumbbell Close Grip Squeeze Press</u>	10-12	Medium Plus
4	<u>Standing Band Rear Delt Raise</u>	20	Use a band light enough to pull the shoulders back for all reps
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #17



TARGET: CHEST, TRICEPS & CORE

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Medial-Lateral Plyo</u> <u>Bench Push-Up</u>	20 seconds	Bodyweight
2	<u>High External Rotation</u>	15	Medium
3	<u>Plank Push-up</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: CORE & CONDITIONING

C	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Side Plank Rotational Press</u>	10-12 per side	Medium Plus
2	<u>Superman Plank Ball Touch</u>	30 seconds	Bodyweight
3	<u>Superman Low Back Extension</u>	30 seconds	Bodyweight
4	<u>Medial Lateral Plank Skips</u>	30 seconds	Bodyweight

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: POSTERIOR CHAIN & SHOULDERS			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Conventional Deadlift</u> or <u>Kettlebell Deadlift</u>	12-15	Medium
2	<u>Dumbbell Lateral</u> <u>Shoulder Raise</u>	12-15	Medium
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #18



TARGET: TRAPS, TRICEPS & BICEPS

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Shrugs</u>	10-12	Medium Plus
2	<u>Triceps Rope Pressdown</u>	20	Challenge
3	<u>Reverse Grip Single Arm Cable Triceps Extension</u>	10-12 per arm	Medium Plus
4	<u>Alternating Hammer Curl</u>	3-4 per arm	Heavy
5	<u>Dumbbell Goblet Curl</u>	5-8	Heavy

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: CHEST, TRICEPS, BACK & CONDITIONING			
A	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Bottom Half Push-up</u>	15	Bodyweight
2	<u>Close Grip Seated Cable Row</u> or <u>Neutral Grip Standing Band Row</u>	10-12	Medium Plus
3	<u>Top Half Push-Ups</u>	15	Bodyweight
4	<u>Close Grip Seated Cable Row</u> or <u>Neutral Grip Standing Band Row</u>	5-8	Heavy

BLOCK A CONTINUES ON THE NEXT PAGE

WORKOUT #19



BLOCK A CONTINUED

A	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
5	<u>Middle Third Push-Ups</u>	15	Bodyweight
6	<u>Seated Straight Bar Cable Row</u> or <u>Neutral Grip Standing Band Row</u>	10-12	Medium Plus
7	<u>Push-up</u>	10	Bodyweight
8	<u>Seated Straight Bar Cable Row</u> or <u>Neutral Grip Standing Band Row</u>	5-8	Heavy
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #19



TARGET: CHEST, CORE & EXTERNAL ROTATORS

B	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Arm Incline Dumbbell Chest Press</u>	5-8	Heavy
2	<u>Equalizer Chest Fly Push-up</u>	8-10	Bodyweight
3	<u>High External Rotation</u>	10-12	Medium Plus
4	<u>Dumbbell Chest Press</u>	5-8	Heavy
5	<u>Bodyweight Skull Crusher</u>	8-10	Bodyweight

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 & CONDITIONING

A	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Reverse Bodyweight Power Lunge</u>	20	Bodyweight
2	<u>Bodyweight Squat</u>	20	Bodyweight
3	<u>Standing Calf Raise</u>	20	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: EGS, CONDITIONING & CORE

B	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Reverse Alternating Barbell Lunge</u>	5-6 per leg	Medium Plus
2	<u>Dumbbell Goblet Squat</u>	10	Medium Plus
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #20



TARGET: LEGS & CORE			
C	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Single Leg Strict Step-up</u>	10 per leg	Bodyweight
Rest 2-3 Minutes Before Beginning Block D			

TARGET: LEGS, CORE & CONDITIONING			
D	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Low Clean</u> <u>Squat Complex</u>	10-12 full sequences	Medium Plus



CONGRATULATIONS ON COMPLETING THIS VOLUME!

Next volume will be available on the website on July 9th.