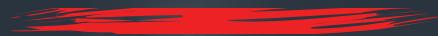




PAUL SKLAR FIT 365

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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 (Superset, Giant Set, Circuit, etc.) 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. However, all sequences, super-sets, giant sets, and circuits do have a designed rep count that is to be followed as best as you can, along with a time range for rest in between sets.
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.

LIGHT/MEDIUM WEIGHT: Weight is easy to control through full range of motion and allows for a very strong muscular contraction.

MEDIUM TO MODERATE WEIGHT: A weight that is challenging but not overbearing. You should be able to complete full range of motion with this workload.

MEDIUM PLUS WEIGHT: Heavy enough to take you out of a medium comfort zone.

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.

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.

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.

SUPERSET: Performing two exercises back to back without rest

GIANT SET: Performing multiple exercise back to back without rest

FINISHER: Exercise or series of exercises performed at the end of a workout designed to reinforce muscle contraction and exhaust muscles used during the main workout.

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



TARGET: LEGS

A	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Barbell Reverse Lunge</u>	Round 1: 16 Round 2-4: 10 Round 5-6: 8	Round 1: Medium Rounds 2-4: Medium Plus Rounds 5-6: Heavy
2	<u>Kettlebell Deadlift</u>	Round 1: 10 Round 2-4: 8 Round 5-6: 8	Medium Plus or Heavy
3	<u>Kettlebell Goblet Squat</u>	6-10	Medium Plus or Heavy
4	<u>Standing Calf Raise</u>	20	Bodyweight
Rest 2 Minutes Before Beginning Giant B			

TARGET: CHEST/REAR DELTOIDS

B	GIANT SET: 5 ROUNDS Rest 1 Minute Between Rounds	REPS	WEIGHT
1	<u>Low Cable Chest Fly</u>	10-15	Medium Plus
2	<u>Push Ups</u>	10	Bodyweight
3	<u>Rear Delt Raise</u>	10-15	Medium
Rest 1-2 Minutes Before Beginning Finisher C On Next Page			

WORKOUT #1



TARGET: CHEST

C	FINISHER: 2-4 ROUNDS Rest 30-60 seconds Between Rounds	REPS	WEIGHT
1	<u>Battle Rope Chest Fly Pushup Flow</u>	Chest Fly: 10 seconds then Pushups: 5 reps then repeat. Total Time: 60 seconds.	Battlerope

WORKOUT #2



TARGET: BACK, BICEPS, ABS

A	GIANT SET: 5-8 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Parallel Grip Pull-Up</u>	10	Bodyweight
2	<u>Dumbbell Close Grip Pullover</u>	10	Medium Plus
3	<u>Plank Shoulder Taps</u>	20	Bodyweight
Rest 2 Minutes Before Beginning Giant Set B			

TARGET: BACK AND BICEPS

B	GIANT SET: 5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Close Grip Seated Cable Row</u>	10	Heavy
2	<u>Alternating Hammer Curl</u>	5 per Arm Contract Triceps at bottom of every curl.	Heavy
3	<u>Single Arm Alternating Heavy Band Curl</u>	5-8 Contract Triceps at bottom of every curl.	Heavy Band

WORKOUT #3



TARGET: SHOULDERS			
A	GIANT SET: 5-8 ROUNDS Rest 2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Strict Overhead Barbell Press</u>	5-8	As Heavy as possible to complete
2	<u>High Position External Rotation</u>	10	Medium
3	<u>Dumbbell Lateral Shoulder Raise</u>	10	Medium Plus
4	<u>Dumbbell Shrug</u>	10	Heavy
Rest 1 Minute Before Beginning Finisher Set B			

TARGET: FULL BODY WITH SHOULDER EMPHASIS			
B	FINISHER: 1-2 ROUNDS Rest as Much Time as Necessary Between Rounds	REPS	WEIGHT
1	<u>High Kettlebell Clean Ascending Overhead Press</u>	High Clean then 1 Overhead Press, High Clean then 2 Overhead Presses, High Clean then 3 Overhead Presses, etc. until 10 Overhead Presses are achieved.	Medium or Medium Plus

WORKOUT #4



TARGET: LEGS			
A	GIANT SET: 4-6 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	Wall Sit	60 Seconds	Bodyweight or add 10-20 pounds
2	Bodyweight Squats	30	Bodyweight
3	Standing Calf Raise	12-15	Bodyweight
Rest 1-2 Minutes Before Beginning Superset B			

TARGET: CHEST			
B	SUPERSET: 4 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	Incline Dumbbell Chest Press	5-8	Heavy
2	High Cable Fly or Incline Dumbbell Chest Fly	10-20	Medium
Rest 1-2 Minutes Before Beginning Giant Set C On Next Page			

WORKOUT #4



TARGET: TRICEPS

C	GIANT SET: 3-5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>W-Bar Close Grip Triceps Pressdown</u>	10	Heavy
2	<u>Close Grip Pushup</u>	10	Bodyweight
3	<u>Dips</u>	10-15	Bodyweight

WORKOUT #5



TARGET: POSTERIOR CHAIN			
A	SUPERSET: 5 ROUNDS Rest 1 Minute Between Rounds	REPS	WEIGHT
1	<u>Conventional Deadlift</u>	5-8	As heavy as necessary to complete rep count
2	<u>Suspension Forward Overhead Lunge</u>	10 Objective is to open hip flexors and contract abdominals	Bodyweight
Rest 1-2 Minutes Before Beginning Giant Set B			

TARGET: POSTERIOR CHAIN			
B	GIANT SET: 5 ROUNDS No Rest Between Rounds	REPS	WEIGHT
1	<u>60 Second Continuous Alternating Dumbbell Biceps Curl</u>	60 seconds	Medium
2	<u>Superman Plank Ball Touch</u>	10	Bodyweight
3	<u>Superman Low Back Extension</u>	10	Bodyweight
Rest 1-3 Minutes Before Beginning Finisher C On Next Page			

WORKOUT #5



TARGET: FULL BODY/HIIT			
C	FINISHER: 3-5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Battle Rope Flow</u>	10 sec Single Arm Anacondas 10 Jump Slams 10 sec Single Arm Anacondas 10 Jump Slams	Bodyweight

LifeFitness



A black and white photograph of a muscular man with a beard and short hair, wearing a dark tank top. He is performing a cable tricep pushdown exercise on a machine with two handles. The background shows gym equipment, including a LifeFitness logo on the wall. The title text is overlaid on the lower left portion of the image.

WEEK 2

WORKOUTS

WORKOUT #6



TARGET: LEGS AND CONDITIONING

A	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Wall Sit</u>	60 Seconds	Bodyweight
2	<u>Bodyweight Squat</u>	30	Bodyweight
3	<u>Reverse Bodyweight Power Lunge</u>	20	Bodyweight
4	<u>Standing Calf Raise</u>	20	Bodyweight
Rest 1-2 Minutes Before Beginning Giant Set B			

TARGET: CHEST

B	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Single-Single-Double Dumbbell Fly</u>	8-10 full sequences	Medium Plus
2	<u>Dumbbell Chest Press</u>	5-8	Heavy
3	<u>Plyometric Bench Pushup</u>	10-20	Bodyweight
Rest 1-2 Minutes Before Beginning Superset C On Next Page			

WORKOUT #6



TARGET: TRICEPS

C	SUPERSET: 3-5 ROUNDS Rest 1 Minutes Between Rounds	REPS	WEIGHT
1	<u>Close Grip Pushup</u>	10	Bodyweight
2	<u>Close Grip W-Bar Pressdown</u>	10	Heavy

WORKOUT #7



TARGET: POSTERIOR CHAIN (EVERYTHING ON BACKSIDE OF BODY)

A	GIANT SET: 8 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Conventional Deadlift</u>	Round 1-2: 10 Round 3-4: 8 Round 5-8: 6	Round 1-2: Medium Rounds 3-4: Medium Plus Rounds 5-8: As Heavy as Possible
2	<u>Jump Squats</u>	15	Bodyweight
3	<u>Elevated Split Squat</u>	10 per leg	Bodyweight
4	<u>Suspension Forward Overhead Lunge</u>	10	N/A
Rest 2-3 Minutes Before Beginning Giant Set B			

TARGET: BACK, BICEPS, CORE/ABS

B	GIANT SET: 3-4 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Chin up</u> or <u>Chin Grip Lat Pulldown</u>	6-10	Bodyweight or Heavy
2	<u>Double Dumbbell Biceps Curl</u>	8-10	Medium Plus or Heavy
3	<u>Bottom Half Alternating Biceps Curls with Hold</u>	10 Each Arm	Medium Plus
4	<u>Single Arm Alternating Heavy Band Curl</u>	10-15	Heavy Band
5	<u>Plank Shoulder Taps</u>	20	Bodyweight

WORKOUT #8



TARGET: SHOULDERS

A	GIANT SET: 6 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	10	Medium Plus or Heavy
2	<u>Single Kettlebell Overhead Press</u>	5-10	Medium Plus
3	<u>Dumbbell Shrugs</u>	10	Heavy
4	<u>Lateral Raise Series</u>	10 reps then decrease weight and complete 10 more , decrease weight and 10 more (30 total equals 1 set)	Medium. All weight for drop sets should be challenging
Rest 2 Minutes Before Beginning Finisher B On Next Page			

WORKOUT #8



TARGET: SHOULDERS, CORE, AND HIIT CONDITIONING

B	FINISHER: 4-5 ROUNDS Rest 30 Seconds Between Rounds	REPS	WEIGHT
1	<u>Slam Ball Squat to Ascending Overhead Press</u>	1 Slam, 1 Overhead Press, 1 Slam, 2 Overhead Presses. Continue sequence until you complete 5 Overhead Presses	Medium Plus Ball
2	<u>Single Arm Cable Crunch</u>	20 per side	Medium Plus
3	<u>Push-up Plank Knee Tuck</u>	10	Bodyweight

WORKOUT #9



TARGET: LEGS (QUADS) AND CORE/ABS

A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Kettlebell Front Squat</u>	8 Total reps with 2 second pause at bottom 4 reps with no pause at bottom	Medium Plus or Heavy
2	<u>Elevated Plyo Split Squat</u>	10 per leg	Bodyweight
3	<u>Kettlebell Goblet Squat</u>	10	Medium Plus
4	<u>Manual Resisted Calf Raise</u>	12-16 total	Bodyweight
Rest 2 Minutes Before Beginning Superset B On Next Page			

WORKOUT #9



TARGET: TRICEPS, LATS, AND CORE/OBLIQUES

B	SUPERSET: 4 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
5	<u>Cable Pulldown/Triceps Extension Series</u>	<p>1 Cable Pulldown 1 Triceps Extension 2 Cable Pulldowns 2 triceps extensions</p> <p>Continue sequence until you reach between 5-8 of each</p>	Medium Plus or Heavy
6	<u>Suspension Overhead Oblique Bend</u>	15 per side	Bodyweight

WORKOUT #10



TARGET: CHEST

A	SEQUENCE: 8-10 ROUNDS 1-2 Minutes Rest Between Rounds	REPS	WEIGHT
1	<u>Kneeling Cable Fly + EQ Push Up Sequence</u> Substitute standard push ups if you do not have Equalizers	5 Double Arm 10 Alternating Arm 5 Double Arm + 10 Push Ups	Medium Increase weight each round until you cannot complete full sequence
Instructions: When performing the Equalizer Chest Fly Push-Up, relax on the decent and gently try to pull the bars apart. Squeeze the bars towards the center as you press into push-up position			
Rest 2-3 Minutes Before Beginning Finisher B			

TARGET: CHEST AND HIIT CONDITIONING

B	FINISHER: 5 SETS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Battle Rope Chest Fly Burpee Flow</u>	5 Sec Battle Rope Chest Fly 5 Burpees 5 Sec Battle Rope Chest Fly 5 Burpees 5 Sec Battle Rope Chest Fly 5 Battle Rope Jump Slams	Bodyweight

LifeFitness



WEEK 3

WORKOUTS

WORKOUT #11



TARGET: LEGS AND SHOULDERS

A	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Hybrid Barbell Deadlift</u>	Round 1-2: 8 Round 3-4: 5 Round 5-6: 3	Round 1-2: Medium Plus Rounds 3-4: Heavy Rounds 5-6: As Heavy as Possible
2	<u>Kettlebell Squat to Overhead Press</u>	10	Medium Plus Increase (or decrease) weight each set as necessary to complete
3	<u>Bodyweight Squat Side Lunge Complex</u>	12	Bodyweight
4	<u>Standing Calf Raise</u>	10 reps with 3 second hold at top	Bodyweight
Rest 2-3 Minutes Before Beginning Giant Set B			

TARGET: SHOULDERS AND TRAPS

B	GIANT SET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Barbell Shrug</u>	15	Heavy
2	<u>Lateral Shoulder Raise with Single Arm Hold</u>	10	Medium
3	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	8-10 per arm	Medium Plus
4	<u>Rear Deltoid Raises</u>	12	Medium Plus

WORKOUT #12



TARGET: CHEST AND CORE

A	SUPERSET: 5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Alternating Single Arm Dumbbell Chest Press</u>	12-16 total (6-8 per side)	Medium Plus
2	<u>Dumbbell Pushup With Knee Tuck</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Superset B			

TARGET: SHOULDERS

B	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Incline Squeeze Press</u>	8-10	As Heavy as possible to maintain contraction
2	<u>Close Grip Incline Bench Push-up</u>	15-20	Bodyweight
Rest 2-3 Minutes Before Beginning Superset C On Next Page			

WORKOUT #12



TARGET: SHOULDERS

C	SUPERSET: 3-5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Reverse Grip Triceps</u> <u>Band Pressdown</u>	15	Heavy
2	<u>Bodyweight Skull Crusher</u>	20	Bodyweight

WORKOUT #13



TARGET: BACK, BICEPS, CORE

A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Parallel Grip Pull-Up</u>	Round 1: 12-15 Round 2-5: 8-10	Bodyweight
2	<u>Bent Over Barbell Row</u>	8-10	Medium Plus or Heavy
3	<u>Straight Arm Band Pulldown</u>	10	Heavy

Rest 1-2 Minutes Before Beginning Giant Set B

TARGET: BACK, BICEPS, CORE

B	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Chin Ups</u>	8-10	Bodyweight
2	<u>Seated Reclined Double Biceps Curl</u>	10	Medium Plus or Heavy
3	<u>Cable Rope Pulldown</u>	10	Heavy

WORKOUT #14



TARGET: LEGS AND CONDITIONING

A	SPECIFIC WARMUP SETS: 2 ROUNDS	REPS	WEIGHT
	Rest 1-2 Minutes Between Rounds		
1	<u>Bodyweight Squats</u>	20	Bodyweight
2	<u>Reverse Bodyweight Power Lunge</u>	20	Bodyweight
3	<u>Barbell Front Squat</u>	20	45 pound Barbell
Rest 1-2 Minutes Before Beginning Giant Set B			

TARGET: LEGS

B	GIANT SET: 6 ROUNDS	REPS	WEIGHT
	Rest 2-3 Minutes Between Rounds		
1	<u>Dumbbell Goblet Squat</u>	15	Medium or Medium Plus
2	<u>Barbell Reverse Lunge</u>	PER LEG Round 1-2: 8-10 Rounds 3-4: 6-8 Rounds 5-6: 5	Round 1-2: Medium Plus Round 3-4: Heavy Round 5-6: As Heavy as Possible
3	<u>Standing Calf Raise</u>	10 Single Leg and 10 Both Legs (30 total)	Bodyweight
Rest 1-2 Minutes Before Beginning Finisher Set C On Next Page			

WORKOUT #14



C	FINISHER: 1 ROUND	REPS	WEIGHT
1	<u>Bodyweight 3 Way Continuous Lunge with Squat Center</u>	1-2 Minutes	Bodyweight

WORKOUT #15



TARGET: BACK, SHOULDERS, ROTATOR CUFF, CORE

A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Military Grip Pullup</u>	10	Bodyweight
2	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	Round 1: 10 per arm Round 2: 8 per arm Round 3: 6 per arm Round 4-5: 5 per arm	Start with Medium weight then increase weight as necessary to meet prescribed rep count
3	<u>High Position External Rotation</u>	10	Medium
4	<u>Low External Rotation with Chest Contraction</u>	10	Medium
Rest 1-2 Minutes Before Beginning Giant Set B On Next Page			

WORKOUT #15



TARGET: BACK, SHOULDERS, BICEPS, CORE

B	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Chin Up</u>	10	Bodyweight
2	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	10 each arm 20 Total	Medium or Medium Plus
3	<u>Single Leg Rear Delt Raise</u>	10 per leg	Medium Plus
4	<u>Standing Alternating Dumbbell Curl</u>	10 each arm 20 Total	Medium Plus or Heavy
5	<u>Triceps Band Pressdown</u>	10-20	Heavy Band

LifeFitness



WEEK 4

WORKOUTS

WORKOUT #16



TARGET: POSTERIOR CHAIN AND LEGS

A	GIANT SET: 8 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Conventional Deadlift</u>	Round 1-2: 10 Round 3-4: 8 Round 5-8: 6	Rounds 1-2: Medium Rounds 3-4: Medium Plus Rounds 5-8: Heavy
2	<u>Jump Squats</u>	15	Bodyweight
3	<u>Elevated Split Squat</u>	10 per leg	Bodyweight
4	<u>Suspension Forward Overhead Lunge</u>	10	Bodyweight Concentrate on opening the hip flexors while stretching the shoulders and contracting abs gently
Rest 1-2 Minutes Before Beginning Finisher B			

TARGET: TRAPS AND POSTERIOR CHAIN

B	FINISHER: 2 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Deadlift to Ascending Shrug Ladder</u>	Add 1 Shrug per deadlift until you reach 5 shrugs. Then immediately perform 5 deadlifts	Medium Plus or Heavy

WORKOUT #17



TARGET: CHEST AND TRICEPS

A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>High Cable Fly</u>	10-15	Medium Plus
2	<u>Dumbbell Pushup with Glute Raise</u>	10	Bodyweight
3	<u>Dips</u>	10-15	Bodyweight
Rest 2 Minutes Before Beginning Giant Set B			

TARGET: CHEST AND TRICEPS

B	GIANT SET: 3-5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Incline Alternating Dumbbell Chest Press</u>	Round 1-2: 10 per side Round 3-4: 8 per side Round 5-6: 5 per side	Round 1-2: Medium Round 3-4: Medium Plus Rounds 5-6: Heavy
2	<u>Dumbbell Close Grip Squeeze Press</u>	8-10	Medium Plus
3	<u>Bench Push-up</u>	15	Bodyweight
4	<u>Plank Push-up</u>	10	Bodyweight
Rest 2 Minutes Before Beginning Superset C On Next Page			

WORKOUT #17



TARGET: TRICEPS

C	SUPERSET: 2-3 ROUNDS Rest 1 Minutes Between Rounds	REPS	WEIGHT
1	<u>Triceps Rope Pressdown</u>	10	Heavy
2	<u>Reverse Grip Triceps Band Pressdown</u>	10	Medium Plus

WORKOUT #18



TARGET: LEGS

A	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Barbell Front Squat</u> or <u>Kettlebell Front Squat</u>	Round 1-2: 20 Round 3-4: 12 Round 5-6: 10	Rounds 1-2: Medium Rounds 3-4: Medium Plus Rounds 5-6: Heavy
2	<u>Bodyweight Squats</u>	15	Bodyweight
3	<u>Kettlebell Reverse Lunge</u>	Alternating 5 per leg	As Heavy as you can tolerate for rep range
4	<u>Wall Sit</u>	30-60 seconds	Bodyweight
Rest 2 Minutes Before Beginning Finisher B			

TARGET: LEGS

B	FINISHER: 2-3 SETS Rest 2-3 Minutes Between Sets	REPS	WEIGHT
1	<u>Front Squat Reverse Lunge Flow</u>	60 Seconds	Medium

WORKOUT #19



TARGET: SHOULDERS AND CORE

A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Dumbbell Lateral Shoulder Raise</u>	15	Medium Plus
2	<u>Strict Overhead Barbell Press</u>	10	Medium or Medium Plus
3	<u>Straight Arm Band Pulldown</u>	10-15	As Heavy As Possible

Rest 1-2 Minutes Before Beginning Giant Set B

TARGET: SHOULDERS AND CORE

B	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Straight Arm Rope Pulldown</u>	15	Medium Plus or Heavy
2	<u>Standing Cable Row</u>	10	Medium Plus
3	<u>Bottom Half Alternating Biceps Curls with Hold</u>	10 per arm	Medium Plus
4	<u>Rear Delt Raises</u>	10	Medium Plus
5	<u>Cable Biceps Curl with Triceps Contraction</u>	10	Medium Plus

WORKOUT #20



TARGET: CHEST, TRICEPS, CORE

A	GIANT SET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Alternating Single,</u> <u>Single Double Chest Fly</u>	10 (1 full sequence as described in the video equals 1 rep)	Medium
2	<u>Close Grip Bench Press</u>	10	Medium Plus or Heavy
3	<u>Drop Step Band Rotation</u>	20	Heavy Band
Rest 1-2 Minutes Before Beginning Giant Set B On Next Page			

WORKOUT #20



TARGET: CHEST, TRICEPS, CORE

B	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Kneeling Cable Fly + EQ Push Up Sequence</u> Substitute standard push ups if you do not have Equalizers	5 Double Arm 10 Alternating Arm 5 Double Arm 10 Push Ups	Medium
2	<u>Inside Outside Bench Push-up Flow</u>	10 inside outside plyo bench push-ups 5 close grip bench push-ups 10 inside outside plyo bench push-ups 5 close grip bench push-ups (Exactly as shown in video)	Bodyweight
3	<u>Bent Knee Bench Dip</u> or <u>Straight Leg Bench Dip</u>	10	Bodyweight
4	<u>Push-up Plank Knee Tuck</u>	10	Bodyweight
Rest 1-2 Minutes Before Beginning Finisher C On Next Page			

WORKOUT #20



TARGET: METABOLIC CONDITIONING

C	FINISHER: 3-5 SETS Rest 1 Minute Between Sets	REPS	WEIGHT
1	<u>Slam Ball Jump Slam</u>	45-60 Seconds	Medium



CONGRATULATIONS ON COMPLETING THIS VOLUME!

Next set of programming will be available on the website on December 26th.