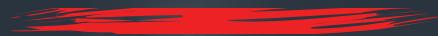




PAUL SKLAR FIT 365



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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.



AVERAGE WORKOUT TIME:
60 MIN

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](#)

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WEEK 1

WORKOUTS

WORKOUT #1



TARGET: POSTERIOR CHAIN, LEGS & METABOLIC CONDITIONING

A	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Elevated Heel Goblet Squat</u>	Round 1: 20 Round 2-3: 15 Round 4: 10 Round 5: 8 Round 6: 6	Round 1: Light/Medium Round 2-3: Medium Round 4: Medium Plus Round 5: Heavy Round 6: As Heavy As Possible
2	<u>Dumbbell Goblet Squat</u>	Round 1: 20 Round 2-3: 15 Round 4: 10 Round 5: 8 Round 6: 6	Round 1: Light/Medium Round 2-3: Medium Round 4: Medium Plus Round 5: Heavy Round 6: As Heavy As Possible
3	<u>Standing Calf Raise</u>	20 Total Reps First 10 with 2 second pause at top. Second 10 with no pause.	Bodyweight
Rest 2 Minutes Before Beginning Superset B			

TARGET: CHEST & CORE

B	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Incline Alternating Dumbbell Chest Press</u>	Round 1-3: 10 per arm Round 4-6: 6 per arm	Round 1-3: Medium Plus or Heavy Round 4-6: Heavy or As Heavy As Possible
2	<u>Top Half Push-up</u> <u>Bottom Half Push-up</u>	Round 1-3: Top Half: 15-20 Round 4-6: Bottom Half: 15-20	Bodyweight

WORKOUT #2



TARGET: BACKS & BICEPS			
A	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pull-up</u> Perform slowly 3 seconds in both directions with 1 second hold at top of pull-up. *Alternate exercise if unable to perform pull ups: <u>Banded Pull-ups</u>	5	Bodyweight
2	<u>Double Dumbbell Biceps Curl</u> **Perform Curls slowly 3 seconds in both directions with 1 second hold at top of Curl**	8-10	Medium Plus or Heavy
Rest 2 Minutes Before Beginning Superset B			

TARGET: BACK & BICEPS			
B	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Chin Up</u> Perform slowly 3 seconds in both directions with 1 second hold at top of pullup. *Alternate exercise if unable to perform pull ups: <u>Banded Pull-ups</u>	5	Bodyweight
2	<u>Alternating Dumbbell Biceps Curl</u> *Perform Curls slowly 3 seconds in both directions with 1 second hold at top of Curl*	5-8 per arm	Medium Plus or Heavy
Rest 1 Minute Before Beginning Finisher C on Next Page			

WORKOUT #2



TARGET: BACK, BICEPS, CORE & CONDITIONING

C	FINISHER: 3 Sets Rest 2-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Renegade Row Burpee Biceps Curl</u>	5-8	Medium Plus

WORKOUT #3



TARGET: SHOULDERS, TRAPS & CORE			
A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	5 per arm	Medium Plus
2	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	8-10 per arm	Medium Plus or Heavy
3	<u>Dumbbell Shrugs</u>	15 reps with 2 second hold at top of shrug	Heavy or As Heavy As Possible
Rest 2 Minutes Before Beginning Superset B			

TARGET: CHEST & CORE			
B	SUPERSET: 2-3 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Incline Single Arm Dumbbell Fly</u>	10 per arm	Medium Plus
2	<u>Incline Dumbbell Chest Press</u>	6-8	Heavy
Rest 1 Minute Before Beginning Superset C on Next Page			

WORKOUT #3



TARGET: CHEST & CORE			
C	SUPERSET: 3-4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Alternating Single Arm Dumbbell Chest Fly</u>	10 per arm	Medium Plus
2	<u>Dumbbell Chest Press</u>	6-8	Heavy
Rest 1 Minute Before Beginning Finisher			

TARGET: ABS, CORE & LATS			
D	FINISHER: 3 SETS Rest 30 Seconds Between Sets	REPS	<u>WEIGHT</u>
1	<u>Single Arm Cable Crunch</u>	20 per arm	Medium Plus or Heavy

WORKOUT #4



TARGET: LEGS & CORE			
A	SUPERSET: 10 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Reverse Alternating Barbell Lunge</u>	Round 1: 20 total Round 2: 16 total Round 3: 12 total Round 4-7: 8 total Round 8-10: 6 total	Round 1: Light Round 2: Medium Round 3: Medium Plus Round 4-7: Heavy Round 8-10: As Heavy As Possible
2	<u>Kettlebell Deadlift</u>	10-15	Heavy
Rest 2 Minutes Before Beginning Superset B			

TARGET: LEGS, CORE, & CONDITIONING			
B	SUPERSET: 4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Wall Sit</u>	60 seconds	Bodyweight
2	<u>Manual Resisted Calf Raise</u>	10	Bodyweight
Rest 2 Minute Before Beginning Finisher C			

TARGET: LEGS & CONDITIONING			
C	FINISHER: 1 SET	REPS	WEIGHT
1	<u>Bodyweight Squat</u>	50	Bodyweight

WORKOUT #5



TARGET: BACK & CORE			
A	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Bent Over Row</u>	10	Rounds 1-3: Medium Plus Rounds 4-6: Heavy
2	<u>Close Grip Seated Cable Row</u>	10	Bodyweight
Rest 1 Minute Before Beginning Superset B			

TARGET: SHOULDRS & SCAPULAR REGION			
B	SUPERSET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Strict Overhead Barbell Press</u>	10	Medium Plus or Heavy
2	<u>Rear Delt Raises</u>	10	Medium or Medium Plus
Rest 2 Minutes Before Beginning Giant Set C on Next Page			

WORKOUT #5



TARGET: TRICEPS, BICEPS, & CORE

C	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Triceps Rope Pressdown</u>	15	Medium Plus
2	<u>Bodyweight Skull Crusher</u>	10	Bodyweight
3	<u>Biceps 25 Burner Curl</u>	5 Alternating Each Arm (10 Total Reps) Low Position 5 Alternating Each Arm (10 Total Reps) High Position 5 Full Reps	Medium Plus

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WEEK 2

WORKOUTS



WORKOUT #6



TARGET: POSTERIOR CHAIN			
A	SUPERSET: 7 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Conventional Deadlift</u> or <u>Kettlebell Deadlift</u>	Round 1: 10 Round 2: 10 Round 3: 8 Rounds 4-6: 5 Round 7: 10	Round 1: Medium Plus Round 2: Medium Plus Round 3: Heavy Rounds 4-6: As Heavy As possible Round 7: Round 1 weight
2	<u>Dumbbell Plank and Hip Flexor</u> <u>Step Through</u> Goal is to gently activate the hamstrings and glutes and open the hip flexors.	10 Total Step Throughs	Bodyweight
Rest 2 Minutes Before Beginning Finisher B			

TARGET: LEGS & CONDITIONING			
B	FINISHER: 5 CONTINUOUS ROUNDS WITH NO REST	REPS	WEIGHT
1	<u>Elevated Heel Bodyweight Squat</u>	15	Bodyweight
2	<u>Bodyweight Squat</u>	15	Bodyweight
Rest 1 Minute Before Beginning Superset C on Next Page			

WORKOUT #7



TARGET: BACK & CHEST			
A	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pullup</u> *Alternate exercise if unable to perform pull ups: <u>Banded Pull-ups</u>	10	Bodyweight
2	<u>Single Single Double Dumbbell Chest Press</u>	10 Full Sequences	Medium Plus
Rest 1 Minute Before Beginning Superset B			

TARGET: CHEST & CORE			
B	SUPERSET: 5-6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Low Cable Chest Fly</u>	10	Medium Plus or Heavy
2	<u>Dumbbell Pushup With Knee Tuck</u>	10	Bodyweight
Rest 1-2 Minutes Before Beginning Superset C on Next Page			

WORKOUT #7



TARGET: CORE

C	SUPERSET: 3 ROUNDS Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Side Plank Rotational Press</u>	10 per side	Medium or Medium Plus
2	<u>Superman Plank Ball Touch</u>	12 per arm	Bodyweight

WORKOUT #8



TARGET: SHOULDERS & CORE

A	GIANT SET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Alternating Kettlebell Overhead Press</u>	Rounds 1-3: 10 per Arm Rounds 4-6: 5 per Arm	Rounds 1-3: Medium Plus Rounds 4-6: Heavy
2	<u>Hang Clean</u>	8	Medium Plus or Heavy
3	<u>Front/Side Dumbbell Shoulder Raise</u>	10 Total	Medium Plus
Rest 2 Minutes Before Beginning Set B			

TARGET: TRAPS & CONDITIONING

B	6 SETS Rest between rep count as indicated in REPS column	REPS	<u>WEIGHT</u>
1	<u>Barbell Shrug</u>	10 Reps every 30 seconds. Repeat 6 times	As Heavy As Possible to Complete
Rest 1 Minute Before Beginning Set C			

TARGET: REAR DELTOID & SCAPULAR REGION

C	6 SETS Rest between rep count as indicated in REPS column	REPS	<u>WEIGHT</u>
1	<u>Rear Delt Raises</u>	10 Reps every 30 seconds. Repeat 6 times	As Heavy As Possible to Complete

WORKOUT #9



TARGET: LEGS & CONDITIONING

A	GIANT SET: 7 ROUNDS Rest 2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Squat</u> or <u>Dumbbell Goblet Squat</u>	Rounds 1-3: 10 Round 4-6: 5 Round 7: FINISHER 5 with 2 second hold at bottom of squat 5 normal tempo 5 with 2 second hold at bottom of squat	Rounds 1-3: Medium Plus Rounds 4-6: Heavy Round 7: Medium Plus
2	<u>Kettlebell Stationary Side Lunge</u>	12 total	Medium or Medium Plus
3	<u>Standing Calf Raise</u>	15	Bodyweight

WORKOUT #10



TARGET: CHEST & BACK			
A	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Iso Chest Contraction-Push-up Flow</u> During the Iso Chest Contraction, squeeze the chest as if you were posing or flexing. The idea is to fatigue the chest muscles before the push-up.	5 Iso Chest Contractions 5-10 Push-ups Repeat Flow 3 times consecutively = 1 Round	Bodyweight
2	<u>Close Grip Seated Cable Row</u>	Rounds 1-3:15 Rounds 4-6: 10	Rounds 1-3: Medium Plus Rounds 4-6: Heavy
Rest 2 Minutes Before Beginning Giant Set B			

TARGET: BACK, TRICEPS, BICEPS & CORE			
B	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Cable Rope Pulldown</u>	15	Medium
2	<u>Cable Rope Triceps Overhead Extension</u>	10	Heavy
3	<u>Alternating Biceps Curl With Top Hold</u>	8-10 per arm	Medium Plus or Heavy

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WEEK 3

WORKOUTS

WORKOUT #11



TARGET: LEGS, WITH EMPHASIS ON QUADS			
A	SUPERSET: 7 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Front Squat</u> or <u>Kettlebell Front Squat</u>	Rounds 1-3: 10 Reps Rounds 4-6: 5 Reps Round 7: 10	Rounds 1-3: Medium Plus Rounds 4-6: Heavy Round 7: Medium Plus
2	<u>Bodyweight Squats</u>	10	Bodyweight
Rest 2 Minutes Before Beginning Set B			

TARGET: CHEST, LEGS, CORE & CONDITIONING			
B	4 SETS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Side Plank Burpee</u> <u>Deadlift Flow</u>	4 Each side (8 total) Alternating Push-up Side Plank Punch to Deadlift then 5 Deadlifts then 5 Push-ups	Heavy
Rest 2 Minutes Before Beginning Giant Set C on Next Page			

WORKOUT #11



TARGET: CALVES, LEGS, CORE & CONDITIONING

C	GIANT SET: 4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Wall Sit</u>	30 Seconds	Bodyweight
2	<u>Elevated Heel Goblet Squat</u>	10	Heavy
3	<u>Fixed Bent Knee Standing Calf Raises</u>	15	Bodyweight

WORKOUT #12



TARGET: SHOULDERS			
A	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Lateral Shoulder Raise</u>	Round 1: 50 Reps Total Round 2: 30 Reps Total Round 3: 20 Reps Total Round 4: 15 Rounds 5-6: 10	Round 1: Light or Medium Round 2: Light or Medium Round 3: Light or Medium Round 4: Medium Plus Rounds 5-6: Heavy
2	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	8 per arm 16 Total	Medium Plus or Heavy
Rest 2 Minutes Before Beginning Superset B			

TARGET: TRAPS, REAR DELTS & SCAPULAR REGION			
B	SUPERSET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Shrugs</u>	15	Heavy
2	<u>Cable Face Pull</u>	10	Medium Plus or Heavy
Rest 2 Minutes Before Beginning Superset C on Next Page			

WORKOUT #12



TARGET: TRAPS, REAR DELTS & SCAPULAR REGION			
C	SUPERSET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Rack Pulls</u>	Round 1: 20 Round 2: 15 Rounds 3-5: 10	Round 1: Medium Plus Round 2: Heavy Rounds 3-5: As Heavy As Possible
2	<u>Rear Delt Raises</u>	10	Medium Plus or Heavy

WORKOUT #13



TARGET: CHEST

A	SUPERSET: 6 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Close Grip Incline Bench Push-up</u>	10	Bodyweight
2	<u>Single Single Double Incline Dumbbell Chest Press</u>	5 per arm	As Heavy As Possible
Rest 2 Minutes Before Beginning Superset B			

TARGET: BACK & CHEST

B	SUPERSET: 5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pull-up</u> *Alternate exercise if unable to perform pull ups: <u>Banded Pull-ups</u>	8	Bodyweight
2	<u>Dumbbell Pushup With Knee Tuck</u>	12	Bodyweight
Rest 2 Minutes Before Beginning Finisher C on Next Page			

WORKOUT #13



TARGET: CHEST

C	FINISHER: 3 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Pullover with Ascending Close Grip Press</u>	<p>1 Pullover 1 Close Grip Press</p> <p>1 Pullover 2 Close Grip Presses</p> <p>1 Pullover 3 Close Grip Presses</p> <p>Continue until you have completed 8-10 Close Grip Presses</p>	Bodyweight

WORKOUT #14



TARGET: POSTERIOR CHAIN (HAMSTRINGS, GLUTES, BACK)			
A	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Single Leg Kettlebell RDL</u> <u>with Pendlay Row</u>	10 per leg	Round 1-2: Medium Rounds 3-5: Heavy
2	<u>Standing Calf Raise</u>	15 Change speed every 5 alternating between slow reps and fast reps	Bodyweight
Rest 2 Minutes Before Beginning Superset B			

TARGET: POSTERIOR CHAIN (HAMSTRINGS, GLUTES, BACK)			
B	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	WEIGHT
1	<u>Conventional Deadlift</u>	Rounds 1-2: 10 Reps Rounds 3-6: 5-8 Reps	Rounds 1-2: Medium or Medium Plus Rounds 3-6: As Heavy As Possible To Complete
2	<u>High Kettlebell Clean to Overhead Press</u>	8	Medium Plus or Heavy

WORKOUT #15



TARGET: TRICEPS, BACK & BICEPS			
A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Bodyweight Skull Crusher</u>	10-15	Bodyweight
2	<u>Parallel Pull-ups (Elbows Out)</u> *Alternate exercise if unable to perform pull-ups: <u>Banded Pull-ups</u>	10	Bodyweight
3	<u>Seated Double Biceps</u> <u>Rotational Curl</u>	10	Medium Plus or Heavy
Rest 2 Minutes Before Beginning Superset B			

TARGET: TRICEPS			
B	SUPERSET: 3-5 ROUNDS Rest 1 Minute Between Rounds	REPS	<u>WEIGHT</u>
1	<u>W Bar Triceps Pressdown</u>	15	Medium Plus or Heavy
2	<u>W-Bar Overhead Triceps Extension</u>	20	Medium or Medium Plus
Rest 1 Minute Before Beginning Giant Set C on Next Page			

WORKOUT #15



TARGET: BACK & BICEPS

C	GIANT SET: 3-5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Chin Up</u>	5	Bodyweight
2	<u>Seated Double Hammer</u> <u>Dumbbell Curl</u>	10	Medium Plus or Heavy
3	<u>Bench Pushup</u>	15	Bodyweight

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WEEK 4

WORKOUTS

WORKOUT #16



TARGET: LEGS, CORE & CONDITIONING			
A	SUPERSET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Squat</u>	Round 1: 25 Round 2: 15 Round 3: 10 Round 4: 8	Round 1: Light Round 2: Medium Round 3: Medium Plus Round 4: Heavy
2	<u>Barbell Front Squat</u>	Round 1: 25 Round 2: 15 Round 3: 10 Round 4: 8	Round 1: Light Round 2: Medium Round 3: Medium Plus Round 4: Heavy
Rest 2 Minutes Before Beginning Superset B			

TARGET: LEGS, CORE & CONDITIONING			
B	SUPERSET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Reverse Alternating</u> <u>Barbell Lunge</u>	10	Heavy
2	<u>Elevated Heel</u> <u>Bodyweight Squat</u>	10	Bodyweight
Rest 2 Minutes Before Beginning Giant Set C on Next Page			

WORKOUT #16



TARGET: CHEST & TRICEPS

C	GIANT SET: 4 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>High Cable Chest Fly</u>	20	Medium Plus
2	<u>Dips</u>	10	Bodyweight
3	<u>Push-ups</u>	10	Bodyweight

WORKOUT #17



TARGET: SHOULDERS & CORE

A	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Shrugs</u>	15	Heavy
2	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	10 per arm	Medium Plus
3	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	10 per arm	Medium Plus
Rest 2 Minutes Before Beginning Superset B			

TARGET: TRAPS & SHOULDERS

B	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Hang Clean</u>	8	Medium Plus
2	<u>Single Kettlebell Overhead Press</u>	10	Medium Plus or Heavy
Rest 2 Minutes Before Beginning Finisher C on Next Page			

WORKOUT #17



TARGET: SHOULDERS & METABOLIC CONDITIONING			
C	FINISHER: 5 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	WEIGHT
1	<u>Slam Ball Squat to Escalating Overhead Press</u>	Complete as many as possible in 60 Seconds Increase the number of Overhead Presses by 1 after every slam	Medium or Medium Plus Slam Ball

WORKOUT #18



TARGET: CHEST & BACK

A	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Alternating Single Arm Dumbbell Chest Fly</u>	10 per arm (20 total)	Medium Plus or Heavy
2	<u>Inside Outside Bench Push-up Flow</u>	10 Medial/Lateral Plyo BenchPush-ups 5 Close Grip Bench Push-ups 10 Medial/Lateral Plyo Bench Push-ups 5 Close Grip Bench Push-ups	Bodyweight
3	<u>Dumbbell Close Grip Pullover</u>	10	Heavy
Rest 2 Minutes Before Beginning Giant Set B			

TARGET: BACK, BICEPS, CHEST & CORE

B	GIANT SET: 5 ROUNDS No Rest Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Seated Straight Bar Cable Row</u>	15	Medium Plus
2	<u>Dumbbell Pushup With Knee Tuck</u>	10	Bodyweight
3	<u>Rear Delt Raises</u>	15	Medium
Rest 2 Minutes Before Beginning Superset C on Next Page			

WORKOUT #18



TARGET: CORE/ABS

C	SUPERSET: ROUNDS Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Plank Push-up</u>	10	Bodyweight
2	<u>Straight Arm Kneeling</u> <u>Ball Slam</u>	15	Medium Plus or Heavy Ball

WORKOUT #19



TARGET: POSTERIOR CHAIN & LEGS

A	SUPERSET: 6 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Conventional Deadlift</u>	Rounds 1-3: 10 Rounds 4-6: 6	Rounds 1-3: Medium Plus Rounds 4-6 Heavy
2	<u>Dumbbell Goblet Squat</u>	10	Medium Plus or Heavy
Rest 2 Minutes Before Beginning Giant Set B			

TARGET: BACK, BICEPS & CALVES

B	GIANT SET: 8 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Parallel Grip Pull-Up</u> *Use bands if you have trouble completing	5	Bodyweight
2	<u>Alternating Hammer Curl</u>	8-10 per arm (16-20 total)	Medium Plus
3	<u>Standing Calf Raise</u>	20	Bodyweight
Rest 1 Minute Before Beginning Giant Set C on Next Page			

WORKOUT #19



TARGET: BACK, BICEPS, LEGS

C	GIANT SET: 8 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Chin Ups</u>	5	Bodyweight
2	<u>Single Arm Alternating Heavy Band Curl</u>	8-10 per arm (16-20 total)	Heavy or Extra Heavy Band
3	<u>Bodyweight Squat</u>	20	Bodyweight

WORKOUT #20



TARGET: UPPER CHEST

A	SUPERSET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Single Single Double Incline Dumbbell Chest Press</u>	5-8 per arm	Medium Plus or Heavy
2	<u>Incline Single Arm Dumbbell Fly</u>	6-10 per arm	Heavy
Rest 2 Minutes Before Beginning Giant Set B			

TARGET: SHOULDERS, TRAPS, CORE

B	GIANT SET: 5 ROUNDS Rest 2-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Strict Overhead Barbell Press</u>	10	Medium Plus
2	<u>Barbell Shrug</u>	8-10	Heavy
3	<u>Drop Step Band Rotation</u>	20	Heavy Band
Rest 2 Minutes Before Beginning Giant Set C on Next Page			

WORKOUT #20



TARGET: TRICEPS, CORE

C	GIANT SET: 4 ROUNDS Rest 1-2 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>W Bar Pulldown</u>	10	Heavy
2	<u>Reverse Grip Single Arm</u> <u>Cable Triceps Extension</u>	10 per arm	Heavy
3	<u>W Bar Pressdown</u>	8-10	Heavy



CONGRATULATIONS ON COMPLETING THIS VOLUME!

Next set of programming will be available on the website on February 20th.