



PAUL SKLAR* *FIT 365

QUICK LINKS

Click on any link below to jump directly to that page.

[Instructions and Guidelines](#)

[Glossary of Terminology](#)

[Additional Tips](#)

WEEK 1

[Workout 1](#)

[Workout 2](#)

[Workout 3](#)

[Workout 4](#)

[Workout 5](#)

WEEK 2

[Workout 6](#)

[Workout 7](#)

[Workout 8](#)

[Workout 9](#)

[Workout 10](#)

WEEK 3

[Workout 11](#)

[Workout 12](#)

[Workout 13](#)

[Workout 14](#)

[Workout 15](#)

WEEK 4

[Workout 16](#)

[Workout 17](#)

[Workout 18](#)

[Workout 19](#)

[Workout 20](#)

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

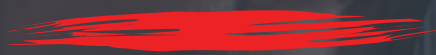
MOBILITY DRILLS

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 working out on a cable machine in a gym. He is shirtless, showing his well-defined muscles. He is holding the handles of the machine with both hands, and his arms are extended forward. The background is slightly blurred, showing other gym equipment. The overall tone is dark and moody, with a blue tint.

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: UPPER CHEST

A	2 SETS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Sets		
1	<u>Incline Dumbbell Chest Press</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block B			

TARGET: UPPER CHEST & BACK

B	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Incline Dumbbell Chest Press</u>	5-8	Heavy
2	<u>Standing Cable Row</u> or <u>Neutral Grip Standing Band Row</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #1

TARGET: UPPER CHEST & TRICEPS

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

TARGET: CHEST, BACK & CORE

D	4 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Dumbbell Chest Fly</u>	10-12	Medium Plus
2	<u>Horizontal Band Pull</u>	15	Heavy Band
Rest 2-3 Minutes Before Beginning Block E on Next Page			

WORKOUT #1



TARGET: BACK, CORE & BICEPS			
E	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Parallel Pullup with Alternating Knee Raise</u>	10	Bodyweight
2	<u>Bench Tap Burpee Flow</u>	5 rounds left tap/right tap burpee 5 burpee finish	Bodyweight
3	<u>Bench Tap Pushup Flow</u>	10 total sequences	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: LEGS (QUAD EMPHASIS) & CORE			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Front Squat</u> or <u>Kettlebell Front Squat</u>	5-8	Heavy
2	<u>Elevated Heel Goblet Squat</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #2



TARGET: LEGS			
B	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Squat Side Lunge Complex</u>	10-12	Medium Plus
2	<u>Wall Sit with Manual Resistance</u>	60 seconds	Bodyweight
3	<u>Manual Resisted Calf Raise</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: LEGS, CONDITIONING & CORE			
C	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Slam Ball Squat Slams</u>	20	Challenge
2	<u>Jumping Lunge</u>	30 seconds	Bodyweight
3	<u>Bodyweight Squat</u>	25	Bodyweight
Rest 2-3 Minutes Before Beginning Block D on Next Page			

WORKOUT #2



TARGET: ABS/CORE			
D	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Physioball Rollout with Glute Raise</u>	20	Bodyweight
2	<u>PaulSklarXFit HIIT System Suspension Oblique Bend</u> or <u>Suspension Oblique Bend</u>	10 per side	Bodyweight
3	<u>Suspension Mobility Rotation</u>	60 seconds	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			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	5-8 per side	Heavy
2	<u>Front Side Alternating Dumbbell Shoulder Raise</u>	10-12 per side	Medium Plus
3	<u>Dumbbell Shrug</u>	15	Challenge
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #3



TARGET: SHOULDERS			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>High Kettlebell Clean to Overhead Press</u>	10-12	Medium Plus
2	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	5-8 per arm	Heavy
3	<u>High External Rotation</u>	10-12	Mediu Plus
Rest 2-3 Minutes Before Beginning Block C			

TARGET: BICEPS & TRICEPS			
C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Skull Crusher</u>	10-12	Medium Plus
2	<u>Alternating Biceps Curl with Top Hold</u>	5-6 per side	Medium Plus
3	<u>Alternating Bottom Half Hammer Curl with Hold</u>	10-12	Medium Plus
4	<u>Lateral Band Step Biceps Curl</u>	5 per leg	Heavy Band

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: POSTERIOR CHAIN			
A	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Hex Bar Deadlift</u> or <u>Conventional Deadlift</u>	5-8	Heavy
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #4

TARGET: CHEST & CORE

B	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Plank Shoulder Taps</u>	5-8	Heavy
2	<u>Barbell Bench Press</u>	10-12	Medium Plus
3	<u>High Cable Fly</u> or <u>Dumbbell Chest Fly</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block C			

TARGET: CHEST & TRICEPS

C	6 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Close Grip Bench Press</u>	5-8	Heavy
2	<u>Decline Bench Push-Up</u>	10	Bodyweight
3	<u>Bench Dip</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: BACK & CORE			
A	10 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Military Grip Pull-Up</u> or <u>Parallel Grip Pull-Up</u> or <u>Chin-Ups</u>	10 *any grip or combination of grips **100 reps is the goal or as many as you can complete in 10 sets	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: BACK & CORE			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Close Grip Seated Cable Row</u>	10-12	Medium Plus
2	<u>Plank Row and Reach</u>	10 total sequences	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #5

TARGET: BACK, CORE & TRICEPS

C	4 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Straight Bar Cable Pulldown</u>	5-8	Heavy
2	<u>Triceps Rope Pressdown</u>	10-12	Medium Plus
3	<u>Equalizer Muscle Up</u>	8 per side	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. He is holding the handles of the machine with both hands, and his arms are extended forward. The background is a dark, industrial-looking gym environment with various pieces of equipment visible. The text "WEEK 2 WORKOUTS" is overlaid on the image in a white, bold, sans-serif font. Below the text is a red, brushstroke-like graphic element.

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			
A	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Elevated Heel Goblet Squat</u>	5-8	Heavy
Rest 2-3 Minutes Before Beginning Block B			

TARGET: LEGS			
B	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Reverse Alternating Barbell Lunge</u> or <u>Reverse Dumbbell Lunge</u>	3-4 per side	Heavy
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #6

TARGET: LEG FINISHER

C	3 SETS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Sets		
1	<u>Walking Dumbbell Lunges</u>	5-8 per side	Heavy
Rest 2-3 Minute Before Beginning Block D			

TARGET: SHOULDERS, CORE & CALVES

D	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Dumbbell Lateral Shoulder Raise</u>	16	Challenge
2	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	3-4 per arm	Heavy
3	<u>Strict Overhead Barbell Press</u>	10-12	Medium Plus
4	<u>Standing Calf Raise</u>	25	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 & CORE			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Straight Bar Cable Pulldown</u>	16	Challenge
2	<u>Close Grip Seated Cable Row</u> or <u>Standing Close Grip Row</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #7

TARGET: BACK & CORE

B	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Dumbbell Close Grip Pullover</u>	10-12	Medium Plus
2	<u>Military Grip Pull-Up</u> or <u>Parallel Grip Pull-Up</u> or <u>Chin-Ups</u>	10 reps Rounds 1-2 with military grip Rounds 3-4 with parallel grip Round 5 with chinup grip	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: BICEPS & TRICEPS

C	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Standing Alternating Dumbbell Curl</u>	5-6 per arm	Medium Plus
2	<u>Reverse Grip Single Arm Cable Triceps Extension</u>	5-6 per arm	Medium Plus
3	<u>Triceps Rope Pressdown</u>	10-12	Medium Plus

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: CHEST			
A	6 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Incline Dumbbell Chest Press</u>	5-8	Heavy
Rest 2-3 Minutes Before Beginning Block B			

TARGET: CHEST			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Incline Dumbbell Chest Fly</u>	5-8	Heavy
2	<u>Equalizer Chest Fly Pushup with Alternating Lateral Step</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #8



TARGET: CHEST			
C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Low Cable Chest Fly</u>	12-15	Medium
2	<u>Decline Bench Push-Up</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block D			

TARGET: CORE			
D	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Plank Push-Up</u>	20	Bodyweight
2	<u>Physioball Rollout with Glute Raise</u>	20	Bodyweight
Rest 2-3 Minutes Before Beginning Block E			

TARGET: BACK, CORE & CHEST			
E	3 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Single Arm Row to Chest Fly Flow</u>	5 full sequences then 5 rows 5 chest fly per arm	Heavy Band or Challenge Weight on a Cable Station

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 & CONDITIONING

A	12 SETS	REPS	<u>WEIGHT</u>
	*Rest 30 Seconds Between 25 Rep Sets **Rest 1-3 Minutes Between 50 Rep Sets		
1	<u>Bodyweight Squat</u>	First 8 Sets: 25 Reps Last 4 Sets: 50 Reps	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: TRAPS, SHOULDERS & CONDITIONING

B	6 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Barbell Shrug</u>	5-8	Heavy
2	<u>Front Side Alternating Dumbbell Shoulder Raise</u>	5-6 per side	Medium Plus
3	<u>Low Kettlebell Clean to Overhead Press</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #9



TARGET: TRICEPS, BICEPS & CONDITIONING			
C	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Triceps Band Pressdown</u> or <u>Dumbbell Skull Crusher</u>	50	Challenge
2	<u>Double Dumbbell Biceps Curl</u>	5-8	Heavy
3	<u>Alternating Hammer Curl</u>	3-4 per arm	Heavy

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: DYNAMIC FULL BODY, CONDITIONING & MOBILITY

A	5 ROUNDS	REPS	WEIGHT
	Rest 1-3 Minutes Between Rounds		
	<u>PaulSklarXFit HIIT System</u> <u>High Position Dynamic Pull</u> or <u>Neutral Grip Standing Band Row</u>	60 seconds	Bodyweight or Challenge
	<u>PaulSklarXFit HIIT System Forward</u> <u>Overhead Lunge</u> or <u>Suspension Forward Overhead Lunge</u>	60 seconds	Bodyweight
	<u>PaulSklarXFit HIIT System Oblique Bend</u> or <u>Suspension Overhead Oblique Bend</u>	10 per side	Bodyweight
4	<u>PaulSklarXFit HIIT System</u> <u>Jump Squat Triceps Extension</u> *You can substitute the same exercise with a heavy resistance band	10	Bodyweight

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

WORKOUT #10



TARGET: DYNAMIC FULL BODY, CONDITIONING & MOBILITY			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>PaulSklarXFit HIIT System Dynamic Squat Row</u> or <u>Standing Cable Row</u>	60 seconds	Bodyweight
2	<u>Side Plank Rotational Punch</u>	60 seconds	Bodyweight
3	<u>PaulSklarXFit HIIT System Cross Bow</u> or <u>Single Arm Band Chest and Core Fly</u>	30 seconds per side	Bodyweight
4	<u>Prisoner Squat to Side Lunge</u>	60 seconds	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: DYNAMIC FULL BODY, CONDITIONING & MOBILITY			
C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Equalizer Muscle Up</u>	15 per side	Bodyweight
2	<u>Equalizer Chest Fly Push-Up</u>	10	Bodyweight
3	<u>Equalizer Assisted Dip with Feet Forward</u>	15	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. He is holding the handles of the machine with both hands, and his arms are extended forward. The background is slightly blurred, showing other gym equipment. The text "WEEK 3 WORKOUTS" is overlaid on the image in a white box with a red brushstroke underneath 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

A	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
	<u>Conventional Deadlift</u> or <u>Hex Bar Deadlift</u>		
1		5-8	Heavy
Rest 2-3 Minutes Before Beginning Block B			

TARGET: CHEST

B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Dumbbell Chest Fly</u>		
1		5-8	Heavy
2	<u>Barbell Bench Press</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #11



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

TARGET: TRICEPS & BICEPS			
D	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Wide Grip W Bar Triceps Press Down</u>	10-12	Medium Plus
2	<u>Dumbbell Skull Crusher</u>	10-12	Medium Plus
3	<u>Dumbbell Goblet Curl</u>	5-8	Heavy
4	<u>Alternating Hammer Curl</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: SHOULDERS			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Shrug</u>	10-12	Medium Plus
2	<u>Strict Overhead Barbell Press</u>	5-8	Heavy
3	<u>Single Arm Alternating Lateral Shoulder Raise with Top Hold</u>	10-12 per arm	Medium Plus
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #12



TARGET: SHOULDERS			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Standing Alternating Arm Dumbbell Shoulder Press</u>	5-8 per side	Heavy
2	<u>Front Side Alternating Shoulder Raise</u>	5-8 per side	Heavy
3	<u>Single Leg Rear Delt Raise</u>	10-12 per leg	Medium Plus
Rest 2-3 Minutes Before Beginning Block C			

TARGET: SHOULDERS, CORE & CONDITIONING			
C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Lunge Position Cross Body Core Shoulder Raise</u>	10-12 per side	Medium Plus
2	<u>Kneeling Core Shoulder Raise</u>	10-12	Medium Plus
3	<u>Cross Body Core Toss</u>	20	Challenge
4	<u>Superman Low Back Extension</u>	10	Bodyweight

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			
A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Dumbbell Goblet Squat</u>	10-12	Medium Plus
2	<u>Wall Sit with Heel Raise</u>	30 seconds	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: LEGS			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Reverse Alternating Barbell Lunge</u> or <u>Reverse Dumbbell Lunge</u>	10-12 per side	Medium Plus
2	<u>Kettlebell Front Squat</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block C on the Next Page			

WORKOUT #13



TARGET: LEGS & CALVES			
C	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Kettlebell Squat Side Lunge Complex</u>	8-10 per side	Challenge
2	<u>Single Leg Calf Raise</u>	10-12 per side	Bodyweight
3	<u>Standing Calf Raise</u>	15	Bodyweight
Rest 2-3 Minutes Before Beginning Block D			

TARGET: LEGS & CONDITIONING			
D	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Jump Squats</u>	20 seconds	Bodyweight
2	<u>Jumping Lunges</u>	20 seconds	Bodyweight

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: BACK, BICEPS & CORE

A	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Parallel Grip Pull-up</u> or <u>Inverted Parallel Grip Equalizer Row</u>	10	Bodyweight
2	<u>Horizontal Band Pull</u> or <u>Straight Bar Cable Pulldown</u>	10-12	Heavy Band or Medium Plus
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #14

TARGET: BACK & CORE

B	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Dumbbell Close Grip Pullover</u>	10-12	Medium Plus
2	<u>Plank Row and Reach</u>	10 total sequences	Bodyweight
3	<u>Alternating Single Leg RDL Row</u>	5-8 per side	Heavy
Rest 2-3 Minutes Before Beginning Block C			

TARGET: BACK, CORE, BICEPS & CONDITIONING

C	5 SETS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Sets		
1	<u>Renegade Row Burpee Biceps Curl</u>	10 total sequences	Challenge
Rest 2-3 Minutes Before Beginning Block D			

TARGET: BICEPS & CORE

D	3 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Top Half Goblet Curl</u>	10-12	Medium Plus
2	<u>Alternating Hammer Curl</u>	5-8	Heavy

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: UPPER CHEST & TRICEPS

A	5 ROUNDS	REPS	WEIGHT
	Rest 1-3 Minutes Between Rounds		
	<u>Incline Squeeze Press</u>	15	Challenge
	<u>Incline Dumbbell Chest Fly</u>	10-12	Medium Plus
3	<u>Single, Single, Double Incline Dumbbell Press</u>	5 total sequences	Heavy
Rest 2-3 Minutes Before Beginning Block B			

TARGET: CHEST & TRICEPS

B	3 ROUNDS	REPS	WEIGHT
	Rest 1-3 Minutes Between Rounds		
	<u>Dumbbell Chest Fly</u>	5-8	Heavy
	<u>Dips</u>	8-10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #15

TARGET: CHEST, CORE & TRICEPS

C	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Ascending Close Grip Pushup to Side Plank Punch</u>	5 Complete Sequences Start with 1 pushup and 1 side plank punch and continue until you reach 5 pushups and 5 side plank punch Repeat sequence for other side	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 4" and "WORKOUTS" in white, bold, sans-serif font. Below the text is a red, horizontal, brushstroke-like graphic.

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: GLUTE ACTIVATION & HIP FLEXOR MOBILITY

A	2 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Single Leg Kettlebell RDL with High Knee Tuck</u>	5 per side	Light
2	<u>Forearm Plank with Alternating Stiff Leg Glute Raise</u>	10 per leg	Bodyweight
3	<u>Alternating Reverse Power Lunge</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block B on Next Page			

WORKOUT #16



TARGET: POSTERIOR CHAIN, CONDITIONING & VOLUME

B	6 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Conventional Deadlift</u>	12-15	Medium
2	<u>Reverse Lunge Hip Openers</u>	20	Bodyweight
Rest 2-3 Minutes Before Beginning Block C			

TARGET: BACK

C	2 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Military Grip Pullup</u>	8-12	Bodyweight
2	<u>Straight Bar Cable Pulldown</u> or <u>Horizontal Band Pull</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block D on Next Page			

WORKOUT #16



TARGET: BACK & BICEPS			
D	2 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Parallel Grip Pull-Up</u>	5-10	Bodyweight
2	<u>Straight Bar Cable Pulldown</u> or <u>Horizontal Band Pull</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block E			

TARGET: BACK & BICEPS			
E	2 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Chin-Ups</u>	5-10	Bodyweight
2	<u>Neutral Grip Standing Band Row</u> or <u>PaulSklarXFit HIIT System Row</u>	15 or 30 seconds	Heavy Band or Bodyweight
3	<u>Dumbbell Goblet Curl</u>	5-8	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: LEGS, BICEPS & SHOULDERS

A	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
	<u>Bodyweight Squat</u>		
	*Add 2 second hold at bottom of squat		
1		15	Bodyweight
2	<u>Wall Sit</u>	60 seconds	Bodyweight
3	<u>Forward Reverse Lunge Biceps</u> <u>Shoulder Flow</u>	2 full sequences & 5 overhead press finish As shown in video	Challenge
Rest 2-3 Minutes Before Beginning Block B			

TARGET: LEGS & CORE

B	3 SETS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Sets		
	<u>Kettlebell Front Squat</u>		
1		10-12 with 2 second hold at bottom of squat	Medium Plus
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #17



TARGET: LEGS, SHOULDERS, CORE & CONDITIONING			
C	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Single Arm Alternating Dumbbell Thruster</u>	15 per arm	Challenge
Rest 2-3 Minutes Before Beginning Block D			

TARGET: LEGS, SHOULDERS, CORE & CONDITIONING			
D	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Dumbbell RDL Snatch to Overhead Press Flow</u>	1 full sequence (exactly as shown in video) 5 DB snatches with 1 additional overhead press per snatch 5 DB Snatches 5 Overhead Presses	Challenge
Rest 2-3 Minutes Before Beginning Block E on Next Page			

WORKOUT #17



TARGET: TRAPS & SHOULDERS			
E	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Front Side Alternating Shoulder Raise</u>	10-12 total	Heavy
2	<u>Barbell Shrug</u>	20	Challenge

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: CHEST			
A	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Barbell Bench Press</u>	10-12	Medium Plus
Rest 2-3 Minutes Before Beginning Block B			

TARGET: CHEST & TRICEPS			
B	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Barbell Bench Press</u>	5-8	Heavy
2	<u>Equalizer Chest Fly Push Up</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #18

TARGET: UPPER CHEST & TRICEPS

C	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Incline Dumbbell Chest Fly</u>	5-8	Heavy
2	<u>Dips</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block D			

TARGET: CHEST, TRICEPS & CORE

D	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Dumbbell Close Grip Squeeze Press</u>	10-12	Medium Plus
2	<u>Dumbbell Chest Fly</u>	5-8	Heavy
3	<u>Incline Equalizer Push-up with Alternating Knee Tuck</u> or <u>Incline Close Grip Push-up with Knee Tuck</u>	5 per side	Bodyweight
Rest 2-3 Minutes Before Beginning Block E on Next Page			

WORKOUT #18



TARGET: TRICEPS			
E	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Triceps Rope Pressdown</u>	15-20	Challenge

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: LEGS			
A	5 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Reverse Alternating Barbell Lunge</u> or <u>Reverse Dumbbell Lunge</u>	5-6 per side	Medium Plus
Rest 2-3 Minutes Before Beginning Block B			

TARGET: LEGS			
B	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
1	<u>Reverse Alternating Barbell Lunge</u> or <u>Reverse Dumbbell Lunge</u>	6-8 per side	Heavy
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #19

TARGET: LEGS, CONDITIONING & AGILITY

C	4 SETS Rest 1-3 Minutes Between Sets	REPS	<u>WEIGHT</u>
	<u>Forward Advancing Jumping Lunges</u>	30 reps advancing slowly 20 rep stationary finish as shown in video	Bodyweight
Rest 2-3 Minutes Before Beginning Block D			

TARGET: CALVES, QUADS & CORE

D	4 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Standing Calf Raise</u>	25	Bodyweight
2	<u>Physioball Rollout with Glute Raise</u>	10-20	Bodyweight
3	<u>PaulSklarXFit HIIT System</u> <u>Forward Overhead Lunge</u> or <u>Suspension Forward Overhead Lunge</u>	10-20	Bodyweight *Use this primarily as a hip flexor stretch and an abdominal activator

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: LATS, SERRATUS, OBLIQUES, TRICEPS & CORE

A	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Horizontal Band Pull</u>	20	Challenge
2	<u>Equalizer Muscle Up</u>	10 per side	Bodyweight
Rest 2-3 Minutes Before Beginning Block B			

TARGET: BACK & CORE

B	5 ROUNDS	REPS	<u>WEIGHT</u>
	Rest 1-3 Minutes Between Rounds		
1	<u>Straight Bar Cable Pulldown</u>	5-8	Heavy
2	<u>Push-up Plank Glute Raise</u>	10	Bodyweight
Rest 2-3 Minutes Before Beginning Block C on Next Page			

WORKOUT #20

TARGET: BACK, BICEPS & CORE

C	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Close Grip Seated Cable Row</u>	10-12	Medium Plus
	<u>Top Half Goblet Curl</u>	5-8	Heavy
	<u>Alternating Bottom Half Hammer Curl with Hold</u>	5-8 per side	Heavy
Rest 2-3 Minutes Before Beginning Block D			

TARGET: CORE, BACK, TRICEPS & BALANCE

D	5 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
	<u>Bird Dog Plank Push-up</u>	6-10	Bodyweight
	<u>Lat Pulldown</u>	15	Challenge
	Rest 2-3 Minutes Before Beginning Block E on Next Page		

WORKOUT #20



TARGET: CHEST, TRICEPS, OBLIQUES, CONDITIONING & LOW BACK			
E	3 ROUNDS Rest 1-3 Minutes Between Rounds	REPS	<u>WEIGHT</u>
1	<u>Ascending Close Grip Pushup to Side Plank Punch</u>	60 seconds per side	Bodyweight
2	<u>Superman Extensions</u>	60 seconds	Bodyweight



CONGRATULATIONS ON COMPLETING THIS VOLUME!

Next volume will be available on the website on September 2nd.