

1. Fitness Plan

Form 5 days/week lift & cardio, daily fitness if possible

Target Establish motion & begin routine, grow strength

Idea 7-days a week, off days are cardio w/gap lifts interspersed (15m/set/...)

Flow 60min lift, 15-30min cardio

Sched Mon Full Body

Tues Legs

Thurs Upper Body

Fri Full Body

Sat Isolation Focus, legs/abs/etc. – “Fun day”

@plan Supersets where applicable, follow form from Calum

2. Sets

Monday – Full Body

- | | |
|--------------------------------------------|------|
| 1. Deadlift | 3x12 |
| 2. Bar Military Press | 3x12 |
| 3. Burpee / Face Pulls / Kettlebell swings | 3x12 |
| 4. Kettlebell Squat / Kettlebell Lunge | 3x12 |

Tuesday - Legs

- | | |
|---------------------------------------------------------|-------------------------------|
| 1. Leg Press | 15(L)/11(M)/10(H)/8(XH)/15(L) |
| 2. Barbell Lunge | 3x12 |
| 3. Bulgarian Split Squat / Single-Leg Romanian Deadlift | 3x12 |
| 4. Machine Leg Extension | 3x12 |
| 5. Skater Squat | 3x15 |
| 6. Kettlebell Press Out | 3x12 |

Wednesday- Rest

1. Or cardio + torso lift

Thursday- Upper Body

- | | |
|----------------------------------------------------------------------------|------|
| 1. Chest Press | 3x12 |
| 2. Renegade Row | 3x15 |
| 3. Dumbbell Biceps Curl | 3x12 |
| 4. Cable Triceps Pushdown / Kettlebell Incline Fly / Machine Lateral Raise | 3x12 |
| 5. Bosu Russian Twist | 3x20 |

Friday – Full Body

- | | |
|----------------------------------|------|
| 1. Clean & Jerk / Side Plank Row | 3x12 |
| 2. Dips / Crab Walk / Wall Ball | 3x15 |
| 3. Raised Knee Pullups | 3x12 |
| 4. Dumbbell Lunge to Press | 3x12 |

Saturday - Isolation

- | | |
|-------------------------------------------------------|------|
| 1. Weighted Situps / Calf Raise | 3x12 |
| 2. Machine Leg Extension / Recovery Lift / Back Raise | 3x12 |
| 3. Nordic Hamstring Curl / Dumbbell Row Kickback | 3x12 |

Sunday – Rest

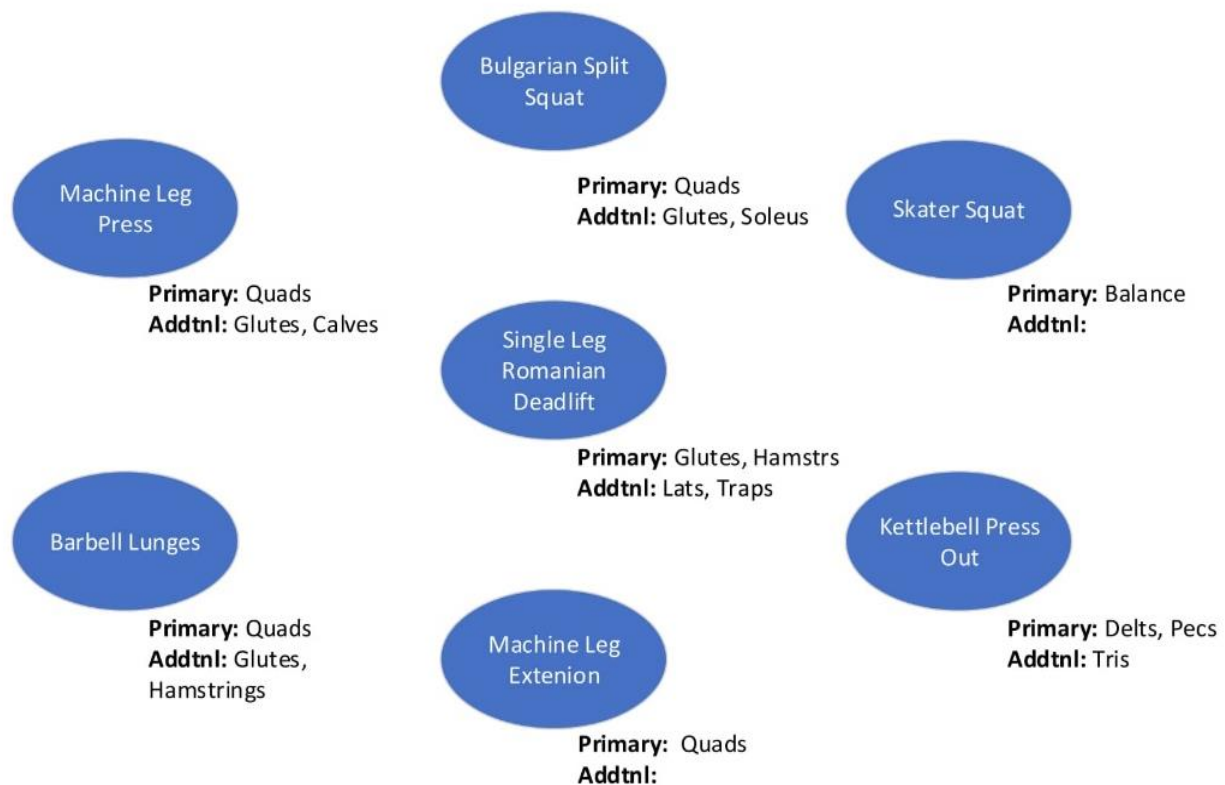
1. Or cardio + Shoulder Lift

3. Muscle Summary

Monday – Full Body



Tuesday – Legs



Thursday – Upper Body

Machine Chest Press

Primary: Pecs
Addtnl:

Dumbbell Biceps Curl

Primary: Biceps
Addtnl:

Machine Lateral Raise

Primary: Delts
Addtnl: Rotator Cuff

Cable Triceps Pushdown

Primary: Triceps
Addtnl:

Renegade Row

Primary:
Addtnl:

Bosu Russian Twist

Primary:
Addtnl:

Kettlebell Incline Fly

Primary: Pecs
Addtnl: Delts, Biceps

Friday – Full Body

Dip

Primary: Triceps
Addtnl: Delts, Pecs

Clean and Jerk

Primary: Hamstrings, Lower Back, Shoulders
Addtnl: Quads, Abs, Triceps

Raised Knee Pullups

Primary: Shoulders, Lats, Lower Back
Addtnl: Abs

Crab Walk

Primary:
Addtnl:

Side Plank Row

Primary: Obliques
Addtnl: Glutes, Lower Back

Dumbbell Lunge to Press

Primary: Abs, Glutes, Shoulders
Addtnl: Quads, Hamstrings

Wall Ball

Primary: Quads, Hamstrings
Addtnl: Back, Shoulders

Saturday – Isolation

Weighted Situp

Primary: Abs
Addtnl:

Calf Raise

Primary: Calves
Addtnl: Shins

Machine Leg
Extension

Primary: Quads
Addtnl:

Recovery Lift

Primary: Balance
Addtnl: Compound

Back Raise

Primary: Hamstrings
Addtnl: Glutes, Lower Back

Nordic hamstring
Curl

Primary: Glutes
Addtnl: Lower Back,
Upper Back

Dumbbell Row
Kickback

Primary: Lower Back
Addtnl: Triceps, Traps

4. Muscle Coverage

Front

Pecs:

KB Press-Out, Mach Chest Press, KB Incline Fly, Dips, Decline Weighted Crunch

Biceps:

Face Pull, DB Curl, KB Incline Fly

Abs:

Burpees, Clean & Jerk, Raised Knee Pullups, DB Lunge-to-Press, Wheel Roll-out, Decline Weighted Crunch, Plate Side-Bend, Farmer Carry, Renegade Row, Weighted Situp

Shins:

Calf Raise



Rotator Cuff:

Mach Shoulder Press, Mach Lat Raise

Forearms:

Farmer Carry, Renegade Row

Obliques:

Side-Plank Row, Plate Side-Bend, Renegade Row, Bosu Russian Twist

Hips:

KB Swing, Decline Weighted Crunch

Quads:

Deadlift, KB Lunge, KB Squat, Mach Leg Press, BB Lunge, Bulgarian Squat, Mach Leg Extension, Clean & Jerk, Wall Ball, DB Lunge-to-Press

Rear

Traps:

Face Pull, Single Leg Romanian Deadlift, DB Row Kickback, Shrugs

Delts:

Mach Shoulder Press, KB Press-Out, KB Incline Fly, Mach Lat Raise, Dips

Triceps:

KB Press-Out, Cable Pushdown, Clean & Jerk, Dips, DB Row Kickback, Renegade Row

Glutes:

Deadlift, Burpees, KB Lunge, KB Swing, KB Squat, Mach Leg Press, BB Lunge, Bulgarian Squat, Single Leg Romanian Deadlift, Side-Plank Row, Back Raise, Nordic Hamstring Curl, Farmer Carry

Calves:

Deadlift, Burpees, Mach Leg Press, Calf Raise, Farmer Carry



Shoulders:

KB Swing, Clean & Jerk, Wall Ball, Raised Knee Pullups, DB Lunge-to-Press, Shoulders

Lats:

KB Swing, Single Leg Romanian Deadlift, Renegade Row

Hamstrings:

Burpees, KB Swing, BB Lunge, Clean & Jerk, Wall Ball, DB Lunge-to-Press, Back Raise

Back:

Clean & Jerk, Side-Plank Row, Wall Ball, Raised Knee Pullups, Back Raise, Nordic Hamstring Curl, DB Row Kickback, Decline Weighted Crunch, Farmer Carry

Soleus:

Bulgarian Squat

5. Lifts

Wednesday – Torso Supplement:

Side-Bend-Thing (12) + Wheel Roll-out + Decline Weighted Crunch (12)

15m cardio / 1 set / 15m cardio / 1 set / 15m cardio / 1 set / 15m cardio

Sunday – Shoulder Supplement:

Shrugs (12) + Farmers Carry (12)

15m cardio / 1 set / 15m cardio / 1 set / 15m cardio / 1 set / 15m cardio

Recovery Lifts:

Incline Treadmill – Reverse Walk

Treadmill Knee Drops

Treadmill Fixed Crawl

Treadmill Climb

Reference:

1. [7 Moves You Should Avoid in Your Arm Workouts](#) - Muscle & Fitness