**Gym:** [Emerald City Athletics, Everett](https://emeraldcityathletics.com/clubs/everett/) (11/13/20)

**Trainer:**  Calum

# 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

# 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. Barbbell 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 Sit-ups / Calf Raise 3x12
2. Machine Leg Extension / Recovery Lift / Back Raise 3x12
3. Nordic Hamstring Curl / Dumbbell Row Kickback 3x12

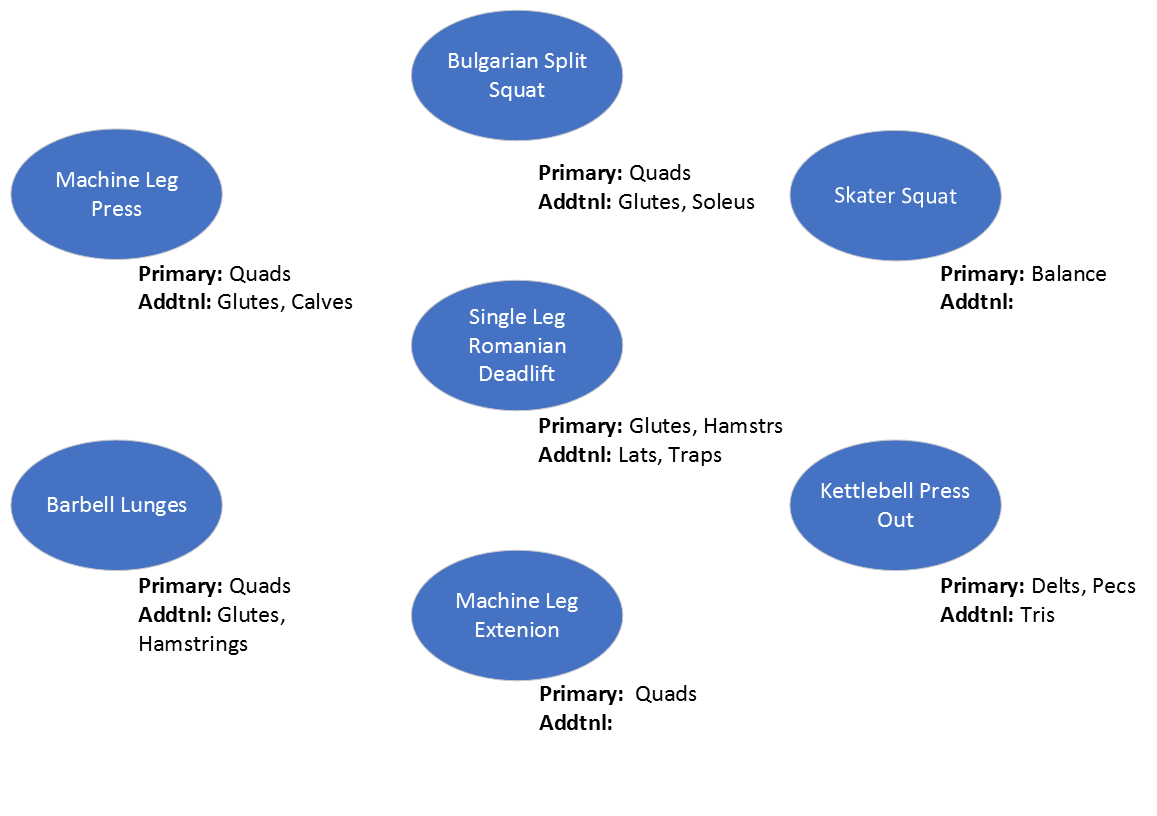
**Sunday – Rest**

1. Or cardio + Shoulder Lift

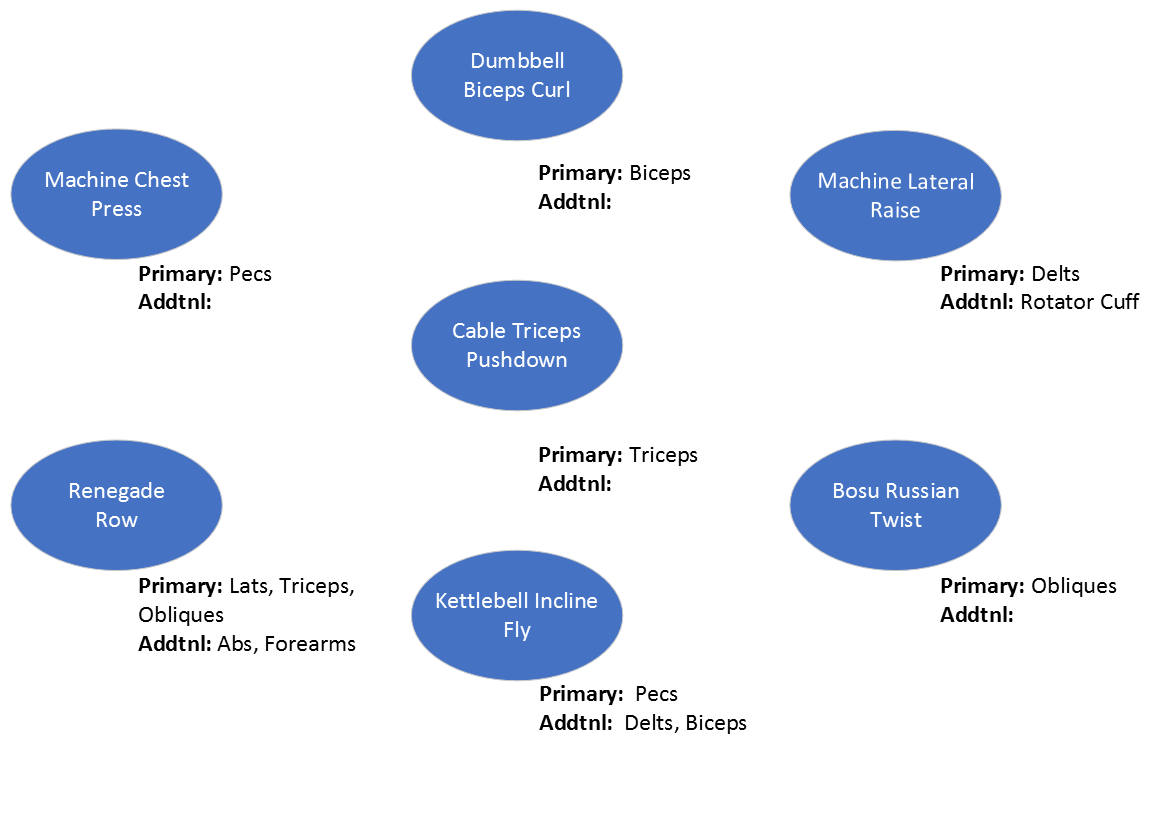
# Muscle Summary

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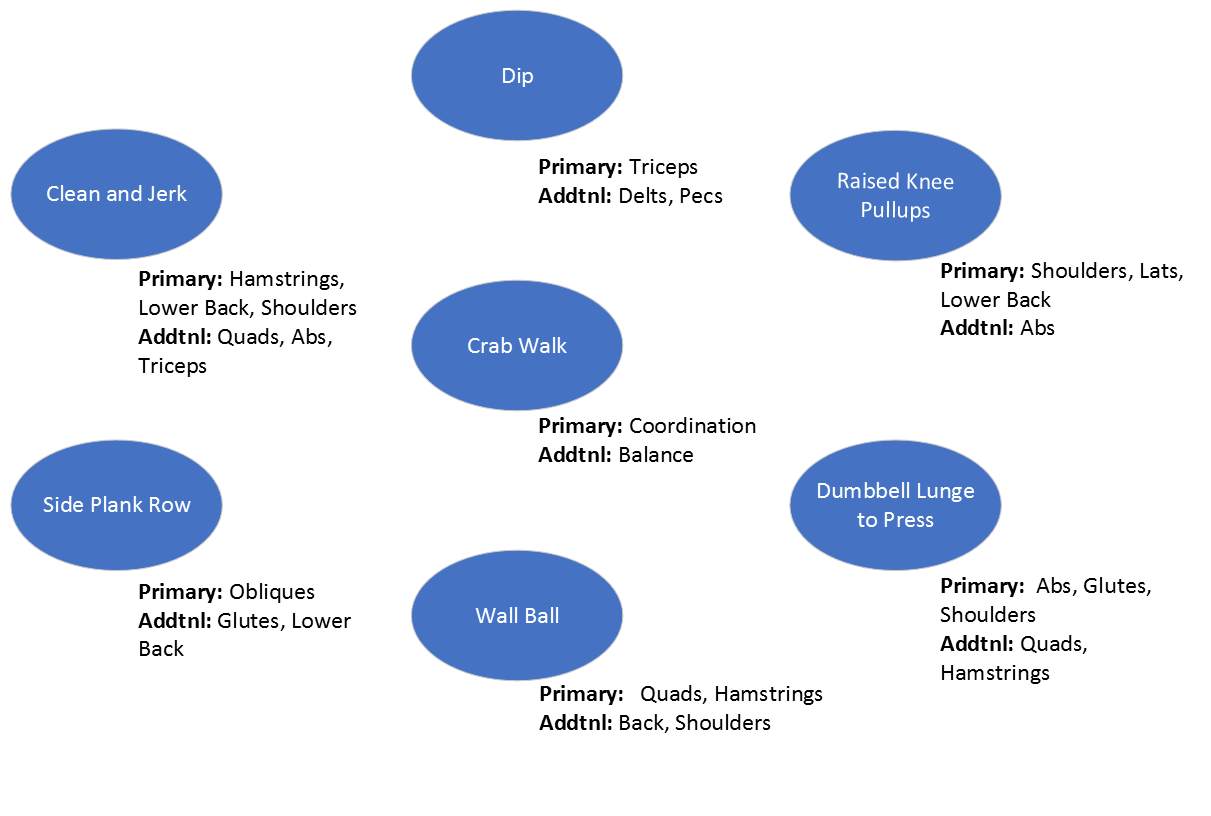
**Monday – Full Body**

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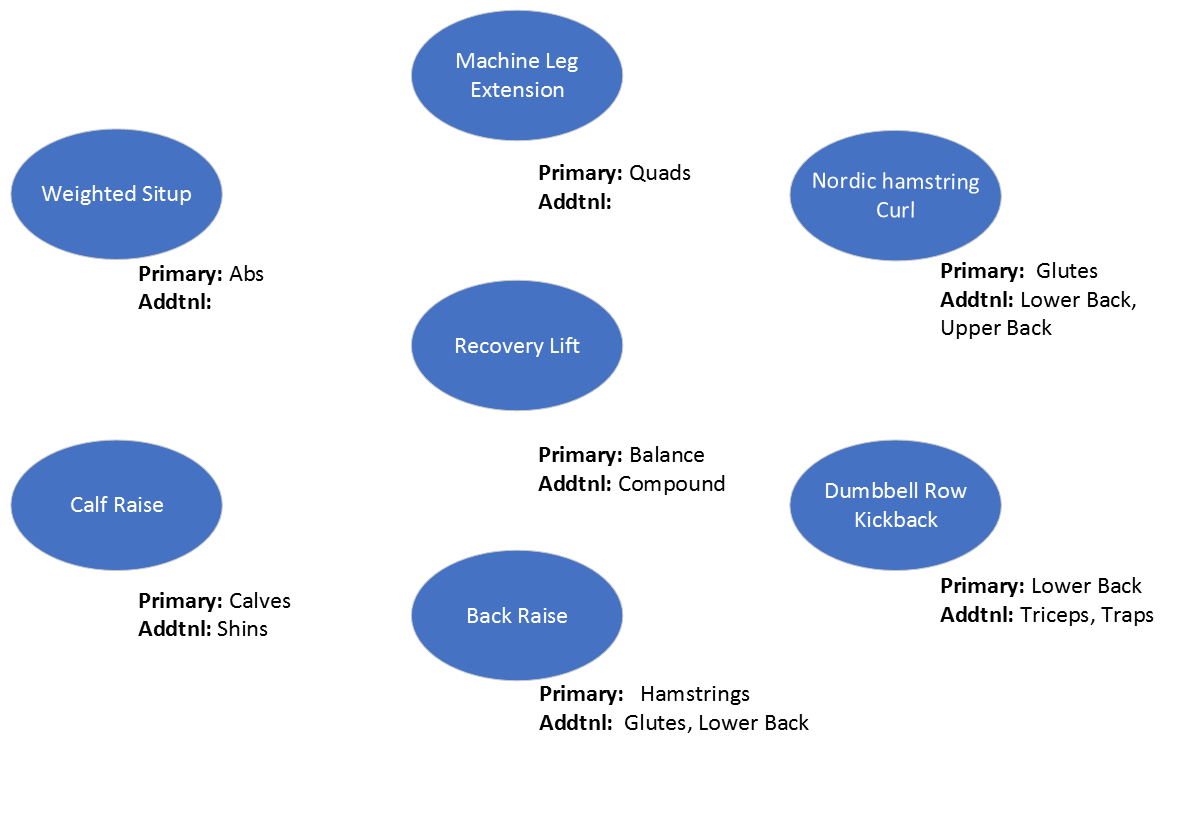
**Tuesday – Legs**

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**Thursday – Upper Body**

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**Friday – Full Body**

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**Saturday – Isolation**

# Muscle Coverage

## Front

## 

**Biceps:**

Face Pull, DB Curl, KB Incline Fly

**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

**Rotator Cuff:**

Mach Shoulder Press, Mach Lat Raise

**Forearms:**

Farmer Carry, Renegade Row

**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 Sit-up

**Shins:**

Calf Raise

**Pecs:**

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

## Rear

## 

**Lats:**

KB Swing, Single Leg Romanian Deadlift, Renegade Row

**Hamstrings:**

Burpees, KB Swing, Single Leg Romanian Deadlift, 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

**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, DB Lunge-to-Press

**Calves:**

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

**Traps:**

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

**Shoulders:**

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

# 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](https://www.muscleandfitness.com/workouts/arm-exercises/7-moves-you-should-avoid-your-arm-workouts/) - Muscle & Fitness