	CAO: 1 Jul 25					erything. You can train hard, but if your or our meals and stay consistent with care															
FIRST	Metric	Exercise	Sets	Reps	Metric	Exercise	Sets F	leps													
		Squats (bodyweight)	2	10	** Use Bands	Lateral Raises	1	5/side													
		Squat Hold (bodyweight)	2	30 sec	or 5 lbs	Shoulder External Rotation (Elbows locked by hips)	1	5/side													
		Hammy Scoops	1	4/side	Weights **	Front Raises	1	5/side													
		Quad Extension	1	4/side		Overhead Shoulder Rotation (Elbows stay in place)	1	5/side													
		Lunge & Twist	- 1	3/side	** If Able: **	Overhead Passovers (With PVC pipe or equivalent)	1	6													
		Reverse Lunge & Extension	1	3/side		L/R Passovers (With PVC pipe or equivalent)	1	4/side													
		Forward/Backward Leg Swings (Hold Wall)	1	10/leg																	
		Sideways Leg Swings (Hold Wall)	1	10/leg																	
	Metric	Leg Day # 1	Sets	Reps	Metric	Chest & Triceps	Sets F	leps	Metric	Back & Biceps	Sets	Reps	Metric	Leg Day ≠ 2	Sets	Reps		Metric	Shoulders & Arms (*** Optional ***) Sec	ets Reps	
	Primary	Smith Machine Squat	4	7-10	Primary	Bench Barbell Press	4	5-8	Primary	Lat Pulldown	3	8	Primary	Smith Machine Squat		4 7-	0	Primary	Overhead Dumbell Press	4	5-10
SECOND		Bulgarian Split Squat	3	8		Incline Dumbbell Press	3	8		Low Cable Row	3	8		Weighted Elevated Front Knee Lunge		3	8		Lateral Raises / Partial Lateral Raises (Penguins)	4	8x2
		Weighted Step-Ups	3	8/side		Cable Flys	3	8		Cable Lat Pullover	3	8		Weighted Single-Leg Squats to a Bench		3	8		Front Raises	3	8
		Kettlebell Sumo Squats	3	8		Incline/Diamond Push-Ups / Bench Tricep Dips	3	10		Cable Squat and Row	3	8		Wall Sits		3 30 sec - 1 r	nin		Rear Delt Flys (Machine, Cable, or Dumbbells)	3	8
	Accessory	Leg Curls	3	8	Accessory	Single Arm Cable Cross-Body Tricep Extension	3	8/side	Accessor	y Incline Hammer Curls	3	8	Accessory	Ball Taps (No Diddy)		3 50 taps/for	¢	Accessory	Tricep Extensions (24s)	2	24
		Bad Girls / Hip Rotation Cars	3	4/side		Overhead Tricep Extension (Elbows in the same placett)	3	8		Inverse Grip Straight Bar/EZ Bar Curls	3	10		Leg Extensions		3	8		Bicep Swimmer Curls (Elbows in the same placel)	3 10/di	Jirection
		Assault Bike / Ropes	3	1 min		Dual Arm Rope Tricep Extension (Can do 24s if you want)	3	8		Rope Bicep Curls	3	8		Assault Bike / Ropes		3 1 m	in				
THIRD (SELECT ONE)																					
	Metric	Repeat 2+ Times	Reps		Metric	Repeat 2+ Times	Reps		Metric	Repeat 2+ Times	Repa										
		Mountain Climbers	10/side			In and Outs	10			Weight Plank Passthroughs	5/side										
		Diagonal Mountain Climbers	10/side			Russian Twists	10/side			Mr. Miyagis / Shoulder Circles	10/side										
		Shoulder Taps	10/side			Elevated Crunches	10			Flutter Kicks	20										