

# Training Week

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## Day 1

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### Set 1 — REGULAR

5 ROUNDS: 5 □ 4 □ 3 □ 2 □ 1 □

- Shrugs | 10.0 pounds | 12 reps  
**Muscle Groups:** upper\_trapezius  
**Equipment Needed:** dumbbell
- Reverse Lunge | 10.0 pounds | 12 reps/side  
**Muscle Groups:** quadriceps, gluteus\_maximus  
**Equipment Needed:** dumbbell
- Side Lunge | 10.0 pounds | 12 reps/side  
**Muscle Groups:** adductors, gluteus\_maximus  
**Equipment Needed:** dumbbell

### Set 2 — LADDER

10-1 LADDER: 10 □ 9 □ 8 □ 7 □ 6 □ 5 □ 4 □ 3 □ 2 □ 1 □

- Hammer Curls | 10.0 pounds | 12 reps/side  
**Muscle Groups:** brachialis, biceps\_brachii, forearms  
**Equipment Needed:** dumbbell
- Front Squat (Goblet) | 10.0 pounds | 12 reps  
**Muscle Groups:** quadriceps, gluteus\_maximus, adductors, hamstrings, core  
**Equipment Needed:** dumbbell
- Curtsy Squat | 10.0 pounds | 12 reps/side  
**Muscle Groups:** gluteus\_medius, quadriceps  
**Equipment Needed:** dumbbell

### Set 3 — REGULAR

5 ROUNDS: 5 □ 4 □ 3 □ 2 □ 1 □

- Push Up | Bodyweight | 12 reps  
**Muscle Groups:** pectoralis\_major, triceps, anterior\_deltoid  
**Equipment Needed:** none
- Single Leg Calf Raises | Bodyweight | 50 reps/side  
**Muscle Groups:** gastrocnemius, soleus  
**Equipment Needed:** none
- Plank on Yoga Ball | Bodyweight | 30.0 seconds  
**Muscle Groups:** rectus\_abdominis, transverse\_abdominis, shoulder\_stabilizers  
**Equipment Needed:** yoga\_ball

# Day 2

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## Set 1 — REGULAR

5 ROUNDS: 5 □ 4 □ 3 □ 2 □ 1 □

- Rear Delt Fly | 10.0 pounds | 12 reps/side  
**Muscle Groups:** posterior\_deltoid  
**Equipment Needed:** dumbbell
- Forward Lunge | 10.0 pounds | 12 reps/side  
**Muscle Groups:** quadriceps, gluteus\_maximus  
**Equipment Needed:** dumbbell
- Clam Walk With Strap | 0.0 pounds | 30 seconds  
**Muscle Groups:** gluteus\_medius, gluteus\_minimus  
**Equipment Needed:** resistance\_band

## Set 2 — REGULAR

5 ROUNDS: 5 □ 4 □ 3 □ 2 □ 1 □

- Frontline POW Raise | 10.0 pounds | 12 reps/side  
**Muscle Groups:** anterior\_deltoid, upper\_chest  
**Equipment Needed:** dumbbell
- Step-Up | 0.0 pounds | 12 reps/side  
**Muscle Groups:** gluteus\_maximus, quadriceps  
**Equipment Needed:** plyo\_box, dumbbell
- Weighted Side Bend | 10.0 pounds | 30 reps/side  
**Muscle Groups:** obliques, quadratus\_lumborum  
**Equipment Needed:** dumbbell

## Set 3 — LADDER

10-1 LADDER: 10 □ 9 □ 8 □ 7 □ 6 □ 5 □ 4 □ 3 □ 2 □ 1 □

- Dumbbell Press | 10.0 pounds | 12 reps  
**Muscle Groups:** pectoralis\_major, anterior\_deltoid, triceps  
**Equipment Needed:** dumbbell, weight\_bench
- Calf Raises | Bodyweight | 100 reps  
**Muscle Groups:** gastrocnemius, soleus  
**Equipment Needed:** dumbbell, resistance\_bands
- Hamstring Curl (Yoga Ball) | Bodyweight | 12 reps  
**Muscle Groups:** hamstrings, gluteus\_maximus  
**Equipment Needed:** yoga\_ball

# Day 3

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## Set 1 — REGULAR

5 ROUNDS: 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐

- Elbow Out Row | 10.0 pounds | 12 reps/side  
**Muscle Groups:** posterior\_deltoid, rhomboids, upper\_trapezius  
**Equipment Needed:** dumbbell
- Single Leg Hamstring Curl (Slider) | Bodyweight | 12 reps/side  
**Muscle Groups:** hamstrings, gluteus\_maximus  
**Equipment Needed:** slider
- Side Plank | Bodyweight | 30.0 seconds/side  
**Muscle Groups:** obliques, transverse\_abdominis, gluteus\_medius  
**Equipment Needed:** none

## Set 2 — REGULAR

5 ROUNDS: 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐

- Lateral Raises | 10.0 pounds | 12 reps/side  
**Muscle Groups:** medial\_deltoid  
**Equipment Needed:** dumbbell
- Turkish Get-Up | 10.0 pounds | 6 reps/side  
**Muscle Groups:** shoulder\_stabilizers, glutes, core\_stabilizers  
**Equipment Needed:** dumbbell
- Russian Twist | 10.0 pounds | 12 reps  
**Muscle Groups:** obliques, rectus\_abdominis  
**Equipment Needed:** dumbbell, medicine\_ball

## Set 3 — AMSAP

**AMSAP:** Repeat this set for 30 minutes. No Need to Count ☐

- Wide Upwards Row | 10.0 pounds | 12 reps  
**Muscle Groups:** lateral\_deltoid, trapezius  
**Equipment Needed:** dumbbell
- Split Squat | 10.0 pounds | 12 reps/side  
**Muscle Groups:** quadriceps, gluteus\_maximus  
**Equipment Needed:** dumbbell
- Copenhagen Plank | Bodyweight | 12 reps/side  
**Muscle Groups:** adductors, obliques  
**Equipment Needed:** weight\_bench

# Day 4

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## Set 1 — LADDER

10-1 LADDER: 10 □ 9 □ 8 □ 7 □ 6 □ 5 □ 4 □ 3 □ 2 □ 1 □

- Standing Row | 10.0 pounds | 12 reps  
**Muscle Groups:** latissimus\_dorsi, rhomboids, biceps  
**Equipment Needed:** dumbbell
- Bridges with Feet on Yoga Ball | Bodyweight | 60 seconds  
**Muscle Groups:** gluteus\_maximus, hamstrings, core\_stabilizers  
**Equipment Needed:** yoga\_ball
- Yoga Ball Plank Back and Forth | Bodyweight | 30.0 seconds  
**Muscle Groups:** rectus\_abdominis, transverse\_abdominis, shoulder\_stabilizers  
**Equipment Needed:** yoga\_ball

## Set 2 — REGULAR

5 ROUNDS: 5 □ 4 □ 3 □ 2 □ 1 □

- Scapula Setting / Flossing | 0.0 pounds | 12 reps/side  
**Muscle Groups:** scapular\_stabilizers  
**Equipment Needed:** none
- Heel Walk | Bodyweight | 30 seconds  
**Muscle Groups:** tibialis\_anterior  
**Equipment Needed:** none
- Side Lunge | 10.0 pounds | 12 reps/side  
**Muscle Groups:** adductors, gluteus\_maximus  
**Equipment Needed:** dumbbell

## Set 3 — REGULAR

5 ROUNDS: 5 □ 4 □ 3 □ 2 □ 1 □

- Upwards Row | 10.0 pounds | 12 reps  
**Muscle Groups:** trapezius, deltoids  
**Equipment Needed:** dumbbell
- Sumo Squat | 10.0 pounds | 12 reps  
**Muscle Groups:** adductors, gluteus\_maximus, hamstrings, quadriceps  
**Equipment Needed:** dumbbell
- March in Place With Strap | Bodyweight | 30 seconds  
**Muscle Groups:** hip\_flexors, obliques  
**Equipment Needed:** resistance\_band

# Day 5

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## Set 1 — AMSAP

**AMSAP:** Repeat this set for 30 minutes. No Need to Count ☐

- Floor Internal / External Rotation | 5.0 pounds | 40 reps/side  
**Muscle Groups:** rotator\_cuff  
**Equipment Needed:** dumbbell
- Single Leg Calf Raises | Bodyweight | 50 reps/side  
**Muscle Groups:** gastrocnemius, soleus  
**Equipment Needed:** none
- Hamstring Curl (Slider) | Bodyweight | 12 reps  
**Muscle Groups:** hamstrings, gluteus\_maximus  
**Equipment Needed:** slider

## Set 2 — REGULAR

**5 ROUNDS:** 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐

- Rear Delt Fly | 10.0 pounds | 12 reps/side  
**Muscle Groups:** posterior\_deltoid  
**Equipment Needed:** dumbbell
- Reverse Lunge | 10.0 pounds | 12 reps/side  
**Muscle Groups:** quadriceps, gluteus\_maximus  
**Equipment Needed:** dumbbell
- March in Place With Strap | Bodyweight | 30 seconds  
**Muscle Groups:** hip\_flexors, obliques  
**Equipment Needed:** resistance\_band

## Set 3 — REGULAR

**5 ROUNDS:** 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐

- Scapula Setting / Flossing | 0.0 pounds | 12 reps/side  
**Muscle Groups:** scapular\_stabilizers  
**Equipment Needed:** none
- Sumo Squat | 10.0 pounds | 12 reps  
**Muscle Groups:** adductors, gluteus\_maximus, hamstrings, quadriceps  
**Equipment Needed:** dumbbell
- Weighted Side Bend | 10.0 pounds | 30 reps/side  
**Muscle Groups:** obliques, quadratus\_lumborum  
**Equipment Needed:** dumbbell