



# Minimalift

## 3 Day Full Body

# Anatomy of the Minimalift Program

Here's a brief guide to understanding the program.

**1. Exercise:** Each exercise has a clickable link to a tutorial or demo video.

**2. Notes:** Here you'll find extra technique cues, or specifics on how to perform the workout effectively.

**3. Substitutes:** If you can't do the exercise listed, feel free to swap it to either option here. In some cases, no unique substitution is listed as it will already be specified within the tutorial.

Minimalift / FULL BODY						Notes	Substitute 1	Substitute 2
Warm Up								
Pogos	5	20	4				Calf Raise	
Knee Tuck	3	10-15	0-10s			Sit on an elevated surface for more range of motion if desired		
Strength & Condition								
Barbell Squat	6	5	-			Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	Goblet Squat	Leg Press
Z-Press	6	5	-			Rest in the remainder of the 2 minutes.	Seated Press	DB Incline Press
Swole & Flexy								
Dumbbell Press	1	6-10	0s			For additional gains, you can increase by 1 to 2 sets per exercise.	Bench Press	Push Up
Scapula Push Up	1	10	0s			Use this as active rest before going to the next exercise.	Cat Cow	Plank
Dumbbell RDL	1	6-10	60s			Pause on final rep for 10 seconds in the stretch position	Barbell RDL	Single Leg RDL
Accessories								
Y-Raise	1	10-15	0s				DB Lateral Raise	Band Lateral Raise
Squat Curl	1	10-15	0s			Feel free to add extra sets if time permits	Incline Curl	Preacher Curl
Katana Extension	1	10-15	0s				DB Overhead Ext	DB Side Lying Ext

Minimalift Program | 2 Day Split

**4. Rest:** Rest periods are to be used as rough guidelines - If you feel you need longer/shorter, feel free to adjust.

**5. Sets:** Outside of the Strength & Condition section, feel free to add extra sets if time permits. This is designed as the Minimalist approach, but there's plenty of room to sneak in more work if you want it! Unless otherwise stated, assume sets listed are for work sets only - take as many sets as you need to warm up appropriately before hand.

# The Training Split

How you decide to split up your training days will largely depend on which version of the program you're running.

See below for some examples, but feel free to shift the workouts to different days of the week or add extra training days to best suit your schedule.

## 2 Day Full Body

Day	Workout
Monday	Full Body 1
Tuesday	Rest or Cardio
Wednesday	Rest Day
Thursday	Full Body 2
Friday	Rest or Bonus Workout
Saturday	At Home Mobility or Cardio
Sunday	Rest Day

## 3 Day Full Body

Day	Workout
Monday	Full Body 1
Tuesday	Rest or Cardio
Wednesday	Full Body 2
Thursday	Rest or Cardio
Friday	Full Body 3
Saturday	Rest or Bonus Workout
Sunday	Rest Day

## 4 Day Upper/Lower

Day	Workout
Monday	Upper Body 1
Tuesday	Lower Body 1
Wednesday	Rest Day
Thursday	Upper Body 2
Friday	Lower Body 2
Saturday	Rest or Bonus Workout
Sunday	Rest Day

## 5 Day Upper/Lower/Full Body

Day	Workout
Monday	Upper Body 1
Tuesday	Lower Body 1
Wednesday	Rest Day or Cardio
Thursday	Upper Body 2
Friday	Lower Body 2
Saturday	Rest or Bonus Workout
Sunday	Rest Day

# Training Phases

This program is split into three distinct phases. Each, building on the previous with a specific focus and progression in mind.

Here's a general overview on what to expect in each Phase

**Phase 1:** The Base. You'll see slightly higher reps, shorter rest periods and exercise selection that focuses more on improving your range of motion & endurance. This lays the foundation for recovery and joint integrity to allow you to push harder in future phases without burning out.

**Phase 2:** The Build. The main work will shift to allow you to lift slightly heavier weights to improve the efficiency of your nervous system; allowing you to activate your high threshold motor units more effectively to build size and strength.

We strategically use extra pauses and partial reps here to supercharge the hypertrophic and mobility response.

**Phase 3:** The Peak. You'll be lifting your heaviest weights at this point. In the main work, your set volume will decrease and rest periods go up to allow you to unlock all the strength you've been building over the previous 2 phases.

I recommend you run each phase for 4 weeks at minimum, but if you're making good progress on it, feel free to extend it for up to 8 weeks at a time.



# Phase 1

# Minimalift / FULL BODY

Phase 1  
Week 1: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Pogos</u>	3	20	0-10s	Stay light on your feet and keep soft knees	<u>Calf Raise</u>	-
<u>Knee Tuck</u>	3	10-15	0-10s	Sit on an elevated surface for more range of motion if desired	-	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Press</u>	1	6-10	0s	For additional gains, you can increase by 1 to 2 sets per exercise.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	1	10	0s	Use this as active rest before going to the next exercise.	<u>Cat Cow</u>	<u>Plank</u>
<u>Dumbbell RDL</u>	1	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
<b>Accessories</b>						
<u>Y Raise</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	1	10-15	0s		<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	1	10-15	0s		<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 1  
Week 1: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Deficit Reverse Lunge</u>	1	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	1	20s e/s	0s	Select your choice of difficulty	-	-
<b>Accessories</b>						
<u>Pullover + Skullcrusher</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	1	10-15	0s		<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	1	10-15	0s		-	-

# Minimalift / FULL BODY

Phase 1  
Week 1: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Turkish Get Up</u></a>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<a href="#"><u>Wide Deadlift</u></a>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Dumbbell Row</u></a>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<a href="#"><u>Cable Row</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Close Grip Bench Press</u></a>	1	8-12	0s	-	<a href="#"><u>Close Grip Push Up</u></a>	<a href="#"><u>Dip</u></a>
<a href="#"><u>Seated Good Morning</u></a>	1	8-10	0s	2 second pause in the bottom of each rep. Only go as low as mobility allows	-	-
<b>Accessories</b>						
<a href="#"><u>Backwards Treadmill Walk</u></a>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<a href="#"><u>Backwards Sled Drag</u></a>	<a href="#"><u>Poliquin Step Up</u></a>
<a href="#"><u>Suitcase March</u></a>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

# Minimalift / FULL BODY

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Split Stance Pogos</u>	3	10e/s	0-10s	Stay light on your feet and keep soft knees	<u>Calf Raise</u>	-
<u>Single Leg Lift</u>	3	10-15	0-10s	Lay on an elevated surface for more range of motion if desired	-	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Press</u>	1	6-10	0s	For additional gains, you can increase by 1 to 2 sets per exercise.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	1	10	0s	Use this as active rest before going to the next exercise.	<u>Cat Cow</u>	<u>Plank</u>
<u>Dumbbell RDL</u>	1	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
<b>Accessories</b>						
<u>Y Raise</u>	1	10-15	0s		<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	1	10-15	0s		<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 1  
Week 2: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Deficit Reverse Lunge</u>	1	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	1	20s e/s	0s	Select your choice of difficulty	-	-
<b>Accessories</b>						
<u>Pullover + Skullcrusher</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	1	10-15	0s		<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	1	10-15	0s		-	-

# Minimalift / FULL BODY

Phase 1  
Week 2: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Turkish Get Up</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.  Rest in the remainder of the 2 minutes.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	6	5	-		<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Close Grip Bench Press</u>	1	8-12	0s	-	<u>Close Grip Push Up</u>	<u>Dip</u>
<u>Seated Good Morning</u>	1	8-10	0s	2 second pause in the bottom of each rep. Only go as low as mobility allows	-	-
<b>Accessories</b>						
<u>Backwards Treadmill Walk</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Suitcase March</u>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

# Minimalift / FULL BODY

Phase 1  
Week 3: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Split Exchange Pogos</u>	3	10e/s	0-10s	Stay light on your feet and keep soft knees	<u>Calf Raise</u>	-
<u>Lying Leg Raise</u>	3	10-15	0-10s	Sit on an elevated surface for more range of motion if desired	-	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Press</u>	1	6-10	0s	For additional gains, you can increase by 1 to 2 sets per exercise.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	1	10	0s	Use this as active rest before going to the next exercise.	<u>Cat Cow</u>	<u>Plank</u>
<u>Dumbbell RDL</u>	1	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
<b>Accessories</b>						
<u>Y Raise</u>	1	10-15	0s		<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	1	10-15	0s		<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 1  
Week 3: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Deficit Reverse Lunge</u>	1	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	1	20s e/s	0s	Select your choice of difficulty	-	-
<b>Accessories</b>						
<u>Pullover + Skullcrusher</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	1	10-15	0s		<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	1	10-15	0s		-	-

# Minimalift / FULL BODY

Phase 1  
Week 3: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Turkish Get Up</u></a>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<a href="#"><u>Wide Deadlift</u></a>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Dumbbell Row</u></a>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<a href="#"><u>Cable Row</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Close Grip Bench Press</u></a>	1	8-12	0s	-	<a href="#"><u>Close Grip Push Up</u></a>	<a href="#"><u>Dip</u></a>
<a href="#"><u>Seated Good Morning</u></a>	1	8-10	0s	2 second pause in the bottom of each rep. Only go as low as mobility allows	-	-
<b>Accessories</b>						
<a href="#"><u>Backwards Treadmill Walk</u></a>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<a href="#"><u>Backwards Sled Drag</u></a>	<a href="#"><u>Poliquin Step Up</u></a>
<a href="#"><u>Suitcase March</u></a>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-

# Minimalift / FULL BODY

Phase 1  
Week 4: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Wall Assisted Pogo</u>	3	20	0-10s	Go for extra height here using the wall assist	<u>Calf Raise</u>	-
<u>Hanging Knee Raise</u>	3	10-15	0-10s	-	<u>Lying Leg Raise</u>	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Press</u>	1	6-10	0s	For additional gains, you can increase by 1 to 2 sets per exercise.	<u>Bench Press</u>	<u>Push Up</u>
<u>Scapula Push Up</u>	1	10	0s	Use this as active rest before going to the next exercise.	<u>Cat Cow</u>	<u>Plank</u>
<u>Dumbbell RDL</u>	1	6-10	60s	Pause on final rep for 10 seconds in the stretch position	<u>Barbell RDL</u>	<u>Single Leg RDL</u>
<b>Accessories</b>						
<u>Y Raise</u>	1	10-15	0s		<u>DB Lateral Raise</u>	<u>Band Lateral Raise</u>
<u>Squat Curl</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Incline Curl</u>	<u>Preacher Curl</u>
<u>Katana Extension</u>	1	10-15	0s		<u>DB Overhead Ext</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 1  
Week 4: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Scapula Pull Up</u>	3	10	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Deficit Reverse Lunge</u>	1	8-12 e/s	0s	Perform all reps on one side before switching to the other leg	<u>Single Leg Press</u>	<u>Split Squat</u>
<u>Copenhagen Plank</u>	1	20s e/s	0s	Select your choice of difficulty	-	-
<b>Accessories</b>						
<u>Pullover + Skullcrusher</u>	1	10-15	0s	Feel free to add extra sets if time permits	<u>Triceps Extension</u>	-
<u>Dumbbell Row</u>	1	10-15	0s		<u>Single DB Row</u>	<u>Cable Row</u>
<u>Halos (KB or DB)</u>	1	10-15	0s		-	-

# Minimalift / FULL BODY

Phase 1  
Week 4: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Turkish Get Up</u></a>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<a href="#"><u>Wide Deadlift</u></a>	6	5	-	Set a timer for 12 minutes. Every 2 minutes on the minute, perform 1 set of 5 reps on both exercises.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Dumbbell Row</u></a>	6	5	-	Rest in the remainder of the 2 minutes.  Start light and add weight each set, aiming to hit your heaviest weight around Set 4-5 (at Minutes 6 or 8)	<a href="#"><u>Cable Row</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Close Grip Bench Press</u></a>	1	8-12	0s	-	<a href="#"><u>Close Grip Push Up</u></a>	<a href="#"><u>Dip</u></a>
<a href="#"><u>Seated Good Morning</u></a>	1	8-10	0s	2 second pause in the bottom of each rep. Only go as low as mobility allows	-	-
<b>Accessories</b>						
<a href="#"><u>Backwards Treadmill Walk</u></a>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<a href="#"><u>Backwards Sled Drag</u></a>	<a href="#"><u>Poliquin Step Up</u></a>
<a href="#"><u>Suitcase March</u></a>	5	30s e/s	0s	Perform stationary if space is limited. Switch the starting arm on each round	-	-



# Phase 2

# Minimalift / FULL BODY

Phase 2

## Week 1: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Depth Jump</u>	3	5	0-10s	Aim for knee height at most	<u>Stand to Triple Extension</u>	-
<u>Hanging Knee Raise</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Squats, 5 Z-Press, 5 Squats	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	5	-	Add weight on each round	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Incline Dumbbell Press</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>B-Stance RDL</u>	1	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	1	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
<b>Accessories</b>						
<u>Face Pull</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	1	10-15 e/s	0s	-	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 2

**Week 1: Day 2**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Dead Hang</u>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Chin Ups, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	3	5	-		<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	Pause in the bottom of each rep for 3 seconds	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
<b>Accessories</b>						
<u>Bodyweight Skullcrusher</u>	1	10-15	0s	-	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	1	10-15 e/s	0s	-	<u>Y Raise</u>	<u>Cable Raise</u>

# Minimalift / FULL BODY

Phase 2

**Week 1: Day 3**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Windmill</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Rows, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	5	-		<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Overhead Press</u>	1	8-12	0s	1 & $\frac{1}{4}$ reps. Go all the way down, $\frac{1}{4}$ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Glute Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

# Minimalift / FULL BODY

Phase 2

**Week 2: Day 1**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
<u>Full ROM Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Squats, 5 Z-Press, 5 Squats Add weight on each set	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	5	-		<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Incline Dumbbell Press</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>B-Stance RDL</u>	1	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	1	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
<b>Accessories</b>						
<u>Face Pull</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	1	10-15 e/s	0s	-	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 2

**Week 2: Day 2**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Dead Hang</u>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Chin Ups, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	3	5	-		<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	Pause in the bottom of each rep for 3 seconds	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
<b>Accessories</b>						
<u>Bodyweight Skullcrusher</u>	1	10-15	0s	-	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	1	10-15 e/s	0s	-	<u>Y Raise</u>	<u>Cable Raise</u>

# Minimalift / FULL BODY

Phase 2

**Week 2: Day 3**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Windmill</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Rows, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	5	-		<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Overhead Press</u>	1	8-12	0s	1 & ¼ reps. Go all the way down, ¼ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Glute Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

# Minimalift / FULL BODY

Phase 2  
Week 3: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Depth Jump</u>	3	5	0-10s	Aim for knee height at most	<u>Stand to Triple Extension</u>	-
<u>Hanging Knee Raise</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Squats, 5 Z-Press, 5 Squats	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	5	-	Add weight on each set	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Incline Dumbbell Press</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>B-Stance RDL</u>	1	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	1	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
<b>Accessories</b>						
<u>Face Pull</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	1	10-15 e/s	0s	-	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 2

**Week 3: Day 2**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Dead Hang</u>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Chin Ups, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	3	5	-		<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	1 & ¼ reps. Go all the way down, ¼ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
<b>Accessories</b>						
<u>Bodyweight Skullcrusher</u>	1	10-15	0s	-	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	1	10-15 e/s	0s	-	<u>Y Raise</u>	<u>Cable Raise</u>

# Minimalift / FULL BODY

Phase 2

**Week 3: Day 3**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Windmill</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Rows, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	5	-		<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Overhead Press</u>	1	8-12	0s	Regular reps - not 1 & ¼	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Glute Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-

# Minimalift / FULL BODY

Phase 2

**Week 4: Day 1**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Vertical Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
<u>Full Range Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	-
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Squats, 5 Z-Press, 5 Squats Add weight on each set	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	5	-		<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Incline Dumbbell Press</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Bench Press</u>	<u>Push Up</u>
<u>B-Stance RDL</u>	1	10 e/s	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	-
<u>Pike Pulse</u>	1	10 e/s	60s	2 second pause at the top of each rep	<u>Single Leg Raise</u>	-
<b>Accessories</b>						
<u>Face Pull</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Prone Y Raise</u>	<u>Rear Delt Fly</u>
<u>Incline Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Preacher Curl</u>
<u>Cross Body Triceps Extension</u>	1	10-15 e/s	0s	-	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 2

**Week 4: Day 2**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Hollowbody Hold</u>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<u>Plank</u>	-
<u>Dead Hang</u>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	-	-
<b>Strength &amp; Condition</b>						
<u>Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Chin Ups, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Chin Up</u>	3	5	-		<u>Lat Pulldown</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Bulgarian Split Squat</u>	1	8-12 e/s	0s	1 & ¼ reps. Go all the way down, ¼ of the way up, all the way down, all the way up - that counts as 1 rep.	<u>Single Leg Press</u>	<u>Smith Machine Split Squat</u>
<u>Hip Flexor Plank</u>	1	20s e/s	60s	-	<u>Plank</u>	-
<b>Accessories</b>						
<u>Bodyweight Skullcrusher</u>	1	10-15	0s	-	<u>Close Grip Push Up</u>	<u>Skullcrusher</u>
<u>Cable Row</u>	1	10-15	0s	2 second hold at the top of each rep	<u>Single DB Row</u>	<u>Barbell Row</u>
<u>Side Lying Compound Raise</u>	1	10-15 e/s	0s	-	<u>Y Raise</u>	<u>Cable Raise</u>

# Minimalift / FULL BODY

Phase 2

**Week 4: Day 3**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Windmill</u>	3	5 e/s	0-10s	Dumbbell, Kettlebell or Bodyweight	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	6	5	-	Set a timer for 12 minutes. Every 4 minutes, perform the following 5 Deadlifts, 5 Rows, 5 Deadlifts Add weight on each set	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	5	-		<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Overhead Press</u>	1	8-12	0s	Regular reps. Not 1 & ¼	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Glute Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Zercher March</u>	5	30s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	<u>Backwards Sled Drag</u>	<u>Poliquin Step Up</u>
<u>Russian Twist</u>	5	10 e/s	0s	-	-	-



# Phase 3

# Minimalift / FULL BODY

Phase 3

**Week 1: Day 1**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Broad Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
<u>Reverse Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	<u>Knee Tuck</u>
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Squats. Work up to a heavy weight by your last set.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Z-Presses	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dip</u>	1	6-10	0s	2 second pause in the stretch on each rep	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Romanian Deadlift</u>	1	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance</u> <u>Good Morning</u>	1	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
<b>Accessories</b>						
<u>Single Arm Cable Y Raise</u>	1	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	1	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 3

**Week 1: Day 2**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Hollowbody Hold</u></a>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<a href="#"><u>Plank</u></a>	-
<a href="#"><u>Scapula Circles</u></a>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	<a href="#"><u>Dead Hang</u></a>	<a href="#"><u>Scapula Push Up</u></a>
<b>Strength &amp; Condition</b>						
<a href="#"><u>Deadlift</u></a>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Chin Up</u></a>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<a href="#"><u>Lat Pulldown</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Walking Lunge</u></a>	1	8-12 e/s	0s	-	<a href="#"><u>Single Leg Press</u></a>	<a href="#"><u>Smith Machine Split Squat</u></a>
<a href="#"><u>Pike Raise</u></a>	1	10 e/s	60s	-	<a href="#"><u>Plank</u></a>	<a href="#"><u>Hanging Knee Raise</u></a>
<b>Accessories</b>						
<a href="#"><u>Incline Skullcrusher</u></a>	1	10-15	0s	-	<a href="#"><u>Bodyweight Skullcrusher</u></a>	<a href="#"><u>Close Grip Push Up</u></a>
<a href="#"><u>Barbell Row</u></a>	1	10-15	0s	2 second hold at the top of each rep	<a href="#"><u>Single DB Row</u></a>	<a href="#"><u>DB Row - Dual</u></a>
<a href="#"><u>Lateral Raise + Hold</u></a>	1	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<a href="#"><u>Y Raise</u></a>	<a href="#"><u>Cable Raise</u></a>

# Minimalift / FULL BODY

Phase 3

**Week 1: Day 3**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Twisting Bear</u>	5	5 e/s	0-10s	Flow through smoothly. If you need to, rest your hips on the ground during the transition as a mini rest.	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Push Press</u>	1	6-10	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Hamstring Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

# Minimalift / FULL BODY

Phase 3

**Week 2: Day 1**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Lateral Jump</u>	3	5	0-10s	-	<u>Stand to Triple Extension</u>	-
<u>Cable Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	<u>Knee Tuck</u>
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Squats. Work up to a heavy weight by your last set.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Z-Presses	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dip</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Romanian Deadlift</u>	1	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	1	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
<b>Accessories</b>						
<u>Single Arm Cable Y Raise</u>	1	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	1	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 3  
Week 2: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Hollowbody Hold</u></a>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<a href="#"><u>Plank</u></a>	-
<a href="#"><u>Scapula Circles</u></a>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	<a href="#"><u>Dead Hang</u></a>	<a href="#"><u>Scapula Push Up</u></a>
<b>Strength &amp; Condition</b>						
<a href="#"><u>Deadlift</u></a>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Chin Up</u></a>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<a href="#"><u>Lat Pulldown</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Walking Lunge</u></a>	1	8-12 e/s	0s	-	<a href="#"><u>Single Leg Press</u></a>	<a href="#"><u>Smith Machine Split Squat</u></a>
<a href="#"><u>Pike Raise</u></a>	1	10 e/s	60s	-	<a href="#"><u>Plank</u></a>	<a href="#"><u>Hanging Knee Raise</u></a>
<b>Accessories</b>						
<a href="#"><u>Incline Skullcrusher</u></a>	1	10-15	0s	-	<a href="#"><u>Bodyweight Skullcrusher</u></a>	<a href="#"><u>Close Grip Push Up</u></a>
<a href="#"><u>Barbell Row</u></a>	1	10-15	0s	2 second hold at the top of each rep	<a href="#"><u>Single DB Row</u></a>	<a href="#"><u>DB Row - Dual</u></a>
<a href="#"><u>Lateral Raise + Hold</u></a>	1	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<a href="#"><u>Y Raise</u></a>	<a href="#"><u>Cable Raise</u></a>

# Minimalift / FULL BODY

Phase 3  
Week 2: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Twisting Bear</u>	5	5 e/s	0-10s	Flow through smoothly. If you need to, rest your hips on the ground during the transition as a mini rest.	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Push Press</u>	1	6-10	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Hamstring Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

# Minimalift / FULL BODY

Phase 3

**Week 3: Day 1**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Broad Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
<u>Reverse Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	<u>Knee Tuck</u>
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Squats. Work up to a heavy weight by your last set.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Z-Presses	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dip</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Romanian Deadlift</u>	1	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	1	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
<b>Accessories</b>						
<u>Single Arm Cable Y Raise</u>	1	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	1	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 3  
Week 3: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Hollowbody Hold</u></a>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<a href="#"><u>Plank</u></a>	-
<a href="#"><u>Scapula Circles</u></a>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	<a href="#"><u>Dead Hang</u></a>	<a href="#"><u>Scapula Push Up</u></a>
<b>Strength &amp; Condition</b>						
<a href="#"><u>Deadlift</u></a>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Chin Up</u></a>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<a href="#"><u>Lat Pulldown</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Walking Lunge</u></a>	1	8-12 e/s	0s	-	<a href="#"><u>Single Leg Press</u></a>	<a href="#"><u>Smith Machine Split Squat</u></a>
<a href="#"><u>Pike Raise</u></a>	1	10 e/s	60s	-	<a href="#"><u>Plank</u></a>	<a href="#"><u>Hanging Knee Raise</u></a>
<b>Accessories</b>						
<a href="#"><u>Incline Skullcrusher</u></a>	1	10-15	0s	-	<a href="#"><u>Bodyweight Skullcrusher</u></a>	<a href="#"><u>Close Grip Push Up</u></a>
<a href="#"><u>Barbell Row</u></a>	1	10-15	0s	2 second hold at the top of each rep	<a href="#"><u>Single DB Row</u></a>	<a href="#"><u>DB Row - Dual</u></a>
<a href="#"><u>Lateral Raise + Hold</u></a>	1	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<a href="#"><u>Y Raise</u></a>	<a href="#"><u>Cable Raise</u></a>

# Minimalift / FULL BODY

Phase 3

**Week 3: Day 3**

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Twisting Bear</u>	5	5 e/s	0-10s	Flow through smoothly. If you need to, rest your hips on the ground during the transition as a mini rest.	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Push Press</u>	1	6-10	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Hamstring Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-

# Minimalift / FULL BODY

Phase 3  
Week 4: Day 1

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Lateral Jump</u>	3	5	0-10s	Perform reps unbroken, or take a pause between each jump	<u>Stand to Triple Extension</u>	-
<u>Cable Crunch</u>	3	10	0-10s	-	<u>Lying Leg Raise</u>	<u>Knee Tuck</u>
<b>Strength &amp; Condition</b>						
<u>Barbell Squat</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Squats. Work up to a heavy weight by your last set.	<u>Goblet Squat</u>	<u>Leg Press</u>
<u>Z-Press</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Z-Presses	<u>Seated Press</u>	<u>DB Incline Press</u>
<b>Swole &amp; Flexy</b>						
<u>Dip</u>	1	6-10	0s	2 second pause in the stretch on each rep.	<u>Close Grip Pushup</u>	<u>Bench Dip</u>
<u>Romanian Deadlift</u>	1	6-10	0s	2 second pause in the stretch on each rep	<u>DB RDL</u>	<u>45 Degree Hyperextension</u>
<u>Horse Stance Good Morning</u>	1	15	60s	This is a gentle mobility stretch. Don't push it hard	<u>Seated Good Morning</u>	-
<b>Accessories</b>						
<u>Single Arm Cable Y Raise</u>	1	10-15	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>Y Raise</u>	<u>Side Lying Compound Raise</u>
<u>Preacher Curl</u>	1	10-15	0s	-	<u>Cable Curl</u>	<u>Incline Curl</u>
<u>Katana Extension</u>	1	10-15 e/s	0s	Finish each set with a cluster set. Go to failure, then take 10 seconds rest, then go again to failure.	<u>DB Cross Body Extension</u>	<u>DB Side Lying Ext</u>

# Minimalift / FULL BODY

Phase 3  
Week 4: Day 2

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<a href="#"><u>Hollowbody Hold</u></a>	3	15s	0-10s	Pick a level of difficulty that is just manageable by the end	<a href="#"><u>Plank</u></a>	-
<a href="#"><u>Scapula Circles</u></a>	3	30s	0-10s	Place your feet on the ground to offload your bodyweight as needed	<a href="#"><u>Dead Hang</u></a>	<a href="#"><u>Scapula Push Up</u></a>
<b>Strength &amp; Condition</b>						
<a href="#"><u>Deadlift</u></a>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<a href="#"><u>DB Deadlift</u></a>	<a href="#"><u>Trap Bar Deadlift</u></a>
<a href="#"><u>Chin Up</u></a>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<a href="#"><u>Lat Pulldown</u></a>	<a href="#"><u>Inverted Row</u></a>
<b>Swole &amp; Flexy</b>						
<a href="#"><u>Walking Lunge</u></a>	1	8-12 e/s	0s	-	<a href="#"><u>Single Leg Press</u></a>	<a href="#"><u>Smith Machine Split Squat</u></a>
<a href="#"><u>Pike Raise</u></a>	1	10 e/s	60s	-	<a href="#"><u>Plank</u></a>	<a href="#"><u>Hanging Knee Raise</u></a>
<b>Accessories</b>						
<a href="#"><u>Incline Skullcrusher</u></a>	1	10-15	0s	-	<a href="#"><u>Bodyweight Skullcrusher</u></a>	<a href="#"><u>Close Grip Push Up</u></a>
<a href="#"><u>Barbell Row</u></a>	1	10-15	0s	2 second hold at the top of each rep	<a href="#"><u>Single DB Row</u></a>	<a href="#"><u>DB Row - Dual</u></a>
<a href="#"><u>Lateral Raise + Hold</u></a>	1	10-15	0s	Hold the top for 10 seconds for 1 rep. Then, perform 10-15 full range reps.	<a href="#"><u>Y Raise</u></a>	<a href="#"><u>Cable Raise</u></a>

# Minimalift / FULL BODY

Phase 3  
Week 4: Day 3

Exercise	Sets	Reps	Rest	Notes	Substitute 1	Substitute 2
<b>Warm Up</b>						
<u>Twisting Bear</u>	5	5 e/s	0-10s	Flow through smoothly. If you need to, rest your hips on the ground during the transition as a mini rest.	-	-
<b>Strength &amp; Condition</b>						
<u>Wide Deadlift</u>	5	5	-	Every 90 seconds for 5 total sets, perform 5 reps of Deadlifts. Work up to a heavy weight by your last set.	<u>DB Deadlift</u>	<u>Trap Bar Deadlift</u>
<u>Dumbbell Row</u>	3	10	-	Every 2 minutes for 3 total sets, perform 10 Chin Ups	<u>Cable Row</u>	<u>Inverted Row</u>
<b>Swole &amp; Flexy</b>						
<u>Dumbbell Push Press</u>	1	6-10	0s	-	<u>Incline Dumbbell Press</u>	<u>Landmine Press</u>
<u>Hamstring Bridge</u>	1	8-12	0s	2 second pause at the top of each rep	-	-
<b>Accessories</b>						
<u>Box Step Over</u>	5	60s	0s	Perform both exercises as a timed circuit. No rest between exercises. 30s rest between rounds	-	-
<u>Bicycle Crunch</u>	5	10 e/s	0s	-	-	-