

Day 1		Notes: Push the weights a little bit!					Day 2		Notes: Push the weights a little bit!				
Goal: Lower Body Strength							Goal: Upper Body Strength						
	Exercise	Sets/Reps	1	2	3	4		Exercise	Sets/Reps	1	2	3	4
A	Barbell Deadlift	2 x 10, 2 x 8					A	Barbell Bench Press	2 x 10, 2 x 8				
B	Dumbbell Goblet Squat	4 x 12					B	Barbell Bent Over Row	4 x 12				
C1	Rear Foot Elevated Split Squat	3 x 10/leg					C1	Dumbbell Alt. Incline Bench Press	3 x 10				
C2	Wide Base Pallof Press	3 x 10/side					C2	Chin Up	3 x 4-6				
D1	Roman Chair Knee Tuck	2 x 15					D1	Chest Supported Reverse Fly	3 x 12				
D2	Stability Ball Hamstring Curl	2 x 10					D2	Handplank with Arm Walk	3 x 30 sec				
Day 3		Notes: Repeat as many rounds as possible in the allotted time.					Day 4		Notes: Emphasis is higher rep- really trying to burn it up!				
Goal: Total Body Metabolic							Goal: Vanity Day (shoulders + arms)						
	Exercise	Sets/Reps	1	2	3	4		Exercise	Sets/Reps	1	2	3	4
A	KB Swing	15					A	Close Grip Bench Press	4 x 10				
	Push Up	10					B	T-Bar Row	4 x 10				
	Split Squat	10/side					C1	Seated Arnold Press	3 x 12				
	1 Arm Dumbbell Row	10/side					C2	Cross Body Hammer Curl	3 x 10/side				
	Side Plank	20 seconds					D1	Superset: OH Tri Ext / Facepull	3 x 15				
	Run 1 Min / Rest 1 Minute						D2	Barbell Curl	3 x 12				
							D3	Reverse Crunch	3 x 10				
	Set a timer for 25 minutes total after warming up												

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