



Elise Workout Plan

Day 1: Lower Body

Exercise	Sets	Reps	Notes
Barbell Back Squat	5	5	Do these with a tiny pause for now
Romanian Deadlift (RDL)	5	5	

Day 2: Upper Body

Exercise	Sets	Reps	Notes
Barbell Bench Press	3	5	Do these slow and controlled until the bar path because intuitive
Assisted Pull Up (Neutral Grip)	8	5	Sets are offset for your goals

Day 3: Lower Body

Exercise	Sets	Reps	Notes
Deadlift	3	5	I have to show you how to do these, they are slightly different than RLD's
Barbell Back Squat	x	5	Everything else on here is one weight across all sets except for this. Here, add weight each set until you cant do heavier weight for a set of 5
Reverse Lunge	3	8-10	Lighter weight, slightly less rest, should make you want to die a little

Day 4: Upper Body

Exercise	Sets	Reps	Notes
Assisted Pull Up (Outer Grip)	5	5	
Barbell Overhead Press	5	5	

General Notes

1. The goal here is to add weight each workout – so whatever you did last week, *try* to add 5-10 lbs, depending on how you're feeling
2. Rest doesn't really matter, just go when you feel fully ready, that will allow rest/readiness to affect how much weight you can do that week