



DOGBONE Performance

About the Program

Guess what? Butts... they're still in. So just because the gyms are closed or life got in the way does not mean you can't get that booty you've been dreaming about. So stop stressing and start working. This 6-week program follows a format that will help you strengthen, tone, and sculpt the body that you want with only as much equipment as you have in your house. I'm talking about backpacks, chairs, gallons of water, and whatever else you can use will become state of the art butt and body building machines. And if you have access to things such as bands, dumbbells, and other pieces of gym equipment please use them as well. Get ready for an intense program that will help transform you.

In order to be successful in these 6 weeks focus on what you can control:

Nutrition:

- Quality whole foods
- Enough Protein to support muscle growth and recovery (1g/lb of body weight)
- Carbs and Fats are friends when working out... you need energy! Everything is ok in moderation... except protein. Eat more protein.
- Remember.. abs are grown in the gym but made in the kitchen. Eat your veggies

Sleep:

- 8 hours of sleep

Consistency

- Show up and put the work in
- Weights/ backpacks /water jugs, etc ,are cold..... they don't like excuses.... put in the work and see the results.

Key

DB - dumbbell

BB - barbell

SA - single arm

SL - single leg

Goblet - hold head of dumbbell at chest

Suitcase - hold 1 dumbbell to the side

Crossbody - 1 dumbbell to opposite side of leg that's working (SL RDL - Left leg is on the ground = DB in the right hand)

Farmers carry - 2 DBs down by the side

20(s) - seconds

10(e) - each side

*If you have any questions or concerns regarding the program, email us at dogboneperformance@gmail.com.

We are not responsible for any personal injuries that may occur during this program. See your physician to determine if you are fit and able to lift at this level.

W1/D1

A1) Squats
(backpack on back)
4x10

A2) Bent over
row (backpack) 4x10e

B1) SL hip thrust
(backpack on waist)
4x10 + 10s hold at end

B2) SA Shoulder Press
(backpack) 4x8e

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As many rounds as
possible in 10 mins

Step ups
x10e

Push ups
x15

Core Finisher
3 rounds
10 V-ups
10 supermans
30s R side plank
10 V-ups
10 supermans
30s L side plank

Core finisher

Tabata 20s on 10s off for 8 rounds (4minutes)
20s of movement 1 - 10s rest - 20s movement 2 -
10s rest 20s of movement 3 - 10s rest - 20s
movement 4 - 10s rest
And so on...

Movement 1: Flutter kicks
Movement 2: Russian twists
Movement 3: Hollow hold
Movement 4: Penguins

W1/D2

A1) Hip thrust
(backpack) 4x12 (2s neg
+ 2s hold on each rep)

A2) Pullover
(backpack) 4x12

B1) Reverse lunge
(backpack on front of
body) 4x8e

B2) Front + side raise
(textbooks) 4x10e

-
5 rounds As fast as possible

Bicep Curls
x10

SL step-downs
x8e

Jumping lunges
x10e

W1/D3

- A1) Bulgarian Split squat
(backpack front of body) 4x8e
- A2) Push-ups
4x5 (3s negative)
- B1) SL RDL (crossbody backpack) 4x8e
- B2) Dips
4x12
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- EMOM x15 (every minute on the minute)
- Minute 1: Hamstring walkouts x 20
- Minute 2: Bodyweight squats x 20
- Minute 3: Plank w/ shoulder taps x20

Core finisher
5 rounds

- 10 hanging knee raises
- 10 lying windshield wipers

Core finisher
1 minute plank
50 sit ups
50 toe touch crunches
1 minute plank

W1/D4

- A1) KB swings (backpack) 4x15
- A2) SA row
4x12 (10s hold on last rep)
- B1) Front foot elevated split squat
(Goblet) 4x8e
- B2) SA Arnold Press (backpack) 4x8e
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- For time
- 100 push-ups
- *every time you break 10 squat jumps*

W2/D1

A1) Squats (backpack on front)
4x10 (3s negative)

A2) Pullover
(backpack) 4x12

B1) Reverse lunge
(Backpack crossbody) 4x10e

B2) SA Bench
(backpack) 4x8e

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4 rounds for time
45s split squat hold 2" off the ground
20 side raises
(textbooks)
15 calf raises

Core finisher

20 V-up buy in immediately into:
5 minute plank

Every time you go down 5 V-up penalty

Core finisher

For time:

100 sit ups

100 Russian twists

Every time you rest for either exercise 5 reverse crunches

W2/D2

A1) Hip Thrust

4x6 (10s hold @ top of each rep)

A2) SA Z-press

(backpack) 4x8e

B1) Step-ups

(backpack on back)
4x10e

B2) Bicep curls

4x12

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As many rounds as possible in 10 mins

20 bodyweight lunges

20 plank w/ shoulder taps

10 no jump burpees

W2/D3

- A1) Bulgarian split squat (goblet)
4x8e (3s pause @ bottom)
- A2) Push-ups
4xMax effort
- B1) SA row
4x8e
- B2) Split Squats
4x10e (backpack on back)
- 5 rounds for time
20 Lunge jumps
20 Dips
20 BW squats

Core finisher
Tabata 20s on 10s off for 8 rounds(4minutes)
Movement 1: L side plank
Movement 2: Superman's
Movement 3: R side plank
Movement 4: Hollow body hold

W2/D4

- A1) SL hip thrust
4x10e
- A2) Pullovers
4x10
- B1) SL step-downs
4x8e
- B2) Bicep curls
4x12
- EMOM x15
Minute 1: Step-ups
x20
Minute 2: Push up hold @ bottom 20s
Minute 3: Full burpees
x10

Core finisher

4 rounds

- 20 sprinters crunch
20s Seated L sit hold
20 Stability ball roll outs

W3/D1

A1) Squat (backpack on back)
4x6 (3s neg + 3s pause on each rep)

A2) SA row
4x8e (2s pause at top)
B1) Curtsey Reverse lunge (goblet)
B2) Push up
4x5 (3s negative)

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For time
50 bw squats
20 lunge jumps
50 push-ups
20 lunge jumps
50 bw squats
20 lunge jumps

Core finisher
3 rounds

20 hanging knee raises
20 SB stir the pot (10 each direction)
30s superman hold

Core finisher
2 rounds

30 hollow rocks
30 alternating Vups
30 penguins

W3/D2

A1) Hip thrust
4x10 (3s pause @ top of each rep)
A2) SA Arnold Press (backpack)
4x8e

B1) Front foot elevated Split squat (goblet)
4x10e
B2) Bicep curls
4x12

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10-minute AMRAP
10 squat jumps
10 push-ups
10 reverse lunge (5e)

W3/D3

A1) Bulgarian split squat
(backpack on back)

4x12e

A2) Pullover

4x12

B1) Front + side raise

4x10e (textbook)

B2) SL glute bridge

4x45s each

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3 rounds for time
30 step-ups

15e bent over row

10 squat jumps

Core finisher

For time

100 sit ups

80 Russian twists

60s plank

40 reverse crunches

20s (each) side plank

W3/D4

A1) SL hip thrust

4x10e (2s hold @ top of
each rep)

A2) SA bench (backpack)

4x8e

B1) SL RDL (backpack
crossbody)

4x12e

B2) Dips

4x15

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15-minute AMRAP

Minute 1: 20 reverse lunges

Minute 2: 15 push-ups

Minute 3: 20 bicep curls

Core finisher

Tabata 20s 10s off for 8
rounds (4minutes)

1 minute plank buy in

Movement 1: Reverse
crunches

Movement 2: Hollow rocks

Movement 3: Sprinters
crunch

Movement 4: Flutters

W4/D1

A1) Squat (backpack on back)

4x6 (3s neg 3s pause
@bottom)

A2) Shoulder press
(backpack)

4x8e

B1) Hamstring curls
(feet on towels on
hardwood) 4x15

B2) Pullover
4x12

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5 rounds for time

10 step-ups

10 calf raises (each leg)

10 floor press (backpack)

Core finisher

20s Left-arm right leg
plank

20 V-ups

20s Right arm left leg
plank

20 V-ups

20s Left-arm right leg
plank

20 V-ups

20s Right arm left leg
plank

Core finisher

2 rounds For time

30 plank hip dips

30s 6inch leg hold

30 Toe touch crunches

30 Russian twists

W4/D2

A1) Hip Thrust

4x5+5 (first 5 2s pauses at
the top, last 5 normal than
10s pause at top of last
rep)

A2) Push-ups (backpack on
back)

4xMax effort

B1) Reverse Lunge + Lateral
lunge

4x5e

B2) Front raises

4x15

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10-minute AMRAP

5 burpees

10 forward lunges

15 squat jumps

W4/D3

A1) Bulgarian split squat
(crossbody)

4x8e (last rep drop weight
hold for 10s)

A2) Bent over row

4x10e (2s lowering)

B1) Step-ups

4x8e (backpack on back)

B2) Dips

4x12

-
3 rounds for time

10 yard fwd & bkwd crawl

20 lunge jumps

30s each side SL glute bridge
hold

Core finisher

For time

100 toe touch crunches

100 Russian twists

Core finisher

Seated (on floor)

Lsit hold accumulate 3
minutes

*every time you break roll
over and hit 5 supermans

W4/D4

A1) SL hip thrust

4x12e

A2) Arnold Press

4x8e

B1) Front foot elevated split
squat

4x10e

B2) Bicep curls

4x12

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15 min EMOM

Minute 1: bottom of push up
hold Max time or 1 min

Minute 2: Revere lunge x10e

Minute 3: No jump burpees
x15

W5/D1

A1) Squats (backpack on back)

4x10 (3s pause at bottom)

A2) Bent over row

4x10e

B1) SL step down

4x8e

B2) Push-ups

4x8 (2s negative)

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2 rounds

50 step-ups (switch legs every 5)

50 shoulder press (switch arms every 5)

Core finisher

3 rounds

15 Hanging knee raises

15 Hollow rocks

30 alternating supermans

Core finisher
Tabata 20s on 10s off for 8 rounds (4minutes)
30s L side plank buy in
Movement 1: Shoulder taps
Movement 2: Windshield wipers
Movement 3: Flutters
Movement 4: Hollow hold
30s R side plank cash out

W5/D2

A1) Hip thrust

4x20

A2) Pullovers

4x15

B1) SL RDL

4x8e

B2) Side raises

4x20

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5 rounds

10e split squats - BW

10 squat jumps

10 dips

W5/D3

A1) Bulgarian split squats
4x12e

A2) Arnold Press
4x8e

B1) SL RDL
4x10e

B2) Front raises
4x15

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For time
100 push-ups
100 Hip thrust (backpack
on lap)

Core finisher
4 rounds

10 Spiderman push ups
10 Ab roll outs
10 reverse crunches

Core finisher
For time

100 Leg raises
100 Sprinters crunch

W5/D4

A1) SL hip thrust
4x10e (10s hold on
last rep)

A2) Floor Press
4x8e

B1) Forward lunge
4x10e

B2) Pullover
4x20

-
4 rounds for time
5 burpees
10 BW squats
20 step-ups

W6/D1

- A1) Squat (backpack on back)
4x10 immediately into 10 bw squat jumps
- A2) Push-ups
4x5 + Max hold @ bottom of last rep
- B1) Front foot elevated reverse lunge
4x8e
- B2) Bent over row
4x10e
- 15-minute EMOM
Minute 1: SL step-downs x8e
Minute 2: SA floor press x8e
Minute 3: Wall-sit x45s

Core finisher
4 rounds

- 15 hanging knee raises
15 lying leg raises
30 penguins

Core Finisher

- For time
- 100 sprinters crunches
80 hollow rocks
60s plank
40 superman
20 Vups

W6/D2

- A1) Hip thrust
4x10 (3s hold 3s negative)
- A2) Arnold Press
4x10e
- B1) Step-ups
4x10e
- B2) Bicep curls
4x12
- 5 rounds for time
5 shoulder press (each arm)
5 lunge jumps (each leg)
5 burpees

W6/D3

A1) Bulgarian split squat

4x8e (2s pause at bottom)

A2) Pullovers

4x10

B1) SL RDL

4x10e

B2) Dips

4x20

-

3 rounds

30 push-ups

30 BW squats

30 plank w/ shoulder taps

Core finisher

5 rounds

10 weighted toe touch
crunches

20 Side plank switches
(switch from left to right
pause at each)

30 Plank hip dips (15 each
side)

Core finisher

Tabata 20s on 10s off for 8

rounds (4 minutes)

1 minute plank buy 1

Movement 1: Alternating V-ups

Movement 2: Russian twists

Movement 3: Flutters

Movement 4: Scissors

1 minute plank cash out

W6/D4

A1) SL hip thrust

4x10e + 20s hold at the
top on last rep

A2) Push-ups (backpack
on)

4xMax

B1) SL step down

4x6e

B2) Front + Side raise

4x12e

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For time

100 step-ups

80 shoulder press (switch
every 5)

60 reverse lunges

40 push-ups

20 lunge jumps