6-WEEK FULL BODY GYM GUIDE

Week 1

	Exercise	# of Repetitions	# of Sets	Rest Between Sets	Tips
Day 1 Legs & Abs	Barbell Squats	10-12	5	60-90 Seconds	First set is considered your "warm up" set. Keep weight light and get comfortable with the barbell on this first set. If comfortable, begin adding weight on the second set. Feet shoulder width apart, push through with the heels, knees follow direction of the toes. Tighten core when you come up from the seat, so that your back does not round. Imagine as if you're pushing through the ground with your heels
	Single Seated Leg Press	12-15	4	60-90 Seconds	Knees should not go past the toes. Perform these slow to get the most out of the workout. Push through with heels and middle part of your foot (avoid pushing with the toes)
	Lying Leg Curls	20	4	60-90 Seconds	Pull heels down and squeeze, slowly bring leg back up into starting position
	Paused Leg Extensions	10-12	4	60-90 Seconds	Slow and controlled as you drop weight back down. Keep hips on the seat throughout the entire movement
	DB Lunge Pulses	10 per leg	4	60-90 Seconds	Perform slow and controlled. Increase the weight as you go into the next set
	Weighted Calf Raises	20	3	60-90 Seconds	10 feet pointing outward, 10 feet pointing inward
	Squat Jumps	12	3	30-45 Seconds	Make sure to land softly during squat jumps. Modified: regular squats
	Plank Superset: Plank Toe Taps + Plank Hold	20 Second Rotation + 20 Second Hold	2	45-60 Seconds	Perform back to back with minimal rest until completing the full 40 seconds
Day 2 Back, Arms & Cardio	Assisted Backrows	12-15	4	60-90 Seconds	Elbows close to your body. Think about pulling your elbows behind you, not pulling the bar up. It'll help to activate your lats and keep everything tight
	Narrow Pull-Ups	6-8	4	1-2 Minutes	If your gym has the assisted pull up machine, please use that instead. I am using a long resistance band here for assistance. Pull yourself up until your chin is above the bar, grip slightly wider than shoulder-width, tuck in your elbows as you pull up
	Seated Single Row	12 per arm	4	60-90 Seconds	Elbows close to your body. Think about pulling/dragging your elbows behind you. It'll help to activate your lats and keep everything tight
	Cable Lat Pulldowns	12-15	4	60-90 Seconds	Keep elbows in line with the wrist throughout the entire movement. Squeeze back muscles and tuck in your elbows
	Single Tricep Overhead Extension	12 per arm	3	60-90 Seconds	Maintain elbows close to you and drop weight slowly. Stretch rope until arms are completely straight
	Seated Tricep Pushdowns	12-15	4	60-90 Seconds	Tuck your elbows in and grip the bar with your palms facing up. Keep your upper arms stationary, breathe out and curl up to your chest. Only your forearms should move.
	B Wide Grip Curl + Hammer Cur	Vide Grip + 10 Ham	3	30-45 Seconds	With palms facing inward, raise dumbbell until your elbow is at a 90-degree bend
	DB Crossbody Curls	20 Alternating	3	60-90 Seconds	Elbows in, curl the bar towards your shoulder and contract your biceps
	Cardio	20 minutes cardio of your choice			
Day 3 Glutes, Hamstrings & Core	High Stance Leg Press	12-15	4	60-90 Seconds	Bend your knees and lower the foot plate towards your torso until your knees almost touch your chest. Ensure that your knees remain in line with your toes throughout the entire movement
	Hip Thrust with Pause	15	4	60-90 Seconds	Place booty band below knees. Squeeze glutes and stretch band at the top, hold for 3 seconds before slowly coming back down. Tighten the core to make sure you're engaging it as you push up
	DB Sumo Squats	20	3	60-90 Seconds	Bend at the hips to grab one end of the dumbbell with both hands and arms hanging in front of you. Keep your core tight and lift the dumbbell by extending your legs and standing up straight. Make sure the chest and head stay lifted, and lower down until the dumbbell passes through the knees. Your weight should remain in your heels. Bend through the hips and knees. Once you've reached the lowest point in your squat, extend back up
	Single Seated Leg Curls	12 per leg	3	60-90 Seconds	Curl your leg to the max while grasping on to the side handles. Bring weight back up slowly. Inhale bring the weight
	Cable Kickbacks	12 per leg	3	60-90 Seconds	Keep back straight, only the leg should be moving, do not swing upper body
	Walking Lunges	20	3	60-90 Seconds	Front knee should not go past the toes. Use front heel to pick yourself back up
	Seated Abductions	20	4	60-90 Seconds	Slowly push your knees out to the side and then bring them back, in a control motion. Do not rush the exercise and maintain an upright posture throughout
	Core Circuit: Crunches + Flutter Kicks + Bicycle Crunches	20 Sec of each	4	30-45 Seconds	Keep core tight, try not to rest it until the minute is completed
Day 4 Chest, Shoulders, & Cardio	DB Chest Press	12-15	4	45-60 Seconds	Lift DB to chest high with palms facing forward. Breathe and push the dumbbells up until your arms are fully extended. Return to starting position slowly.
	Cable Chest Fly High	12-15	4	60-90 Seconds	Keep arms extended, but not locked. Squeeze at the center
	DB Close Grip Flat Bench Press	12-15	3	60-90 Seconds	Keep arms extended, but not locked. Squeeze at the center for 2-3 seconds
	Push-Ups + Arnold's Press	10 Push Ups + 10 Arnold's Press	4	60-90 Seconds	Keep elbows slightly bent. Slow and controlled motion
	DB Narrow Shoulder Press	10-12	4	60-90 Seconds	Elbows at shoulder height with palms facing away from you. Press the weights directly upwards
	DB Upright Rows	12-15	4	60-90 Seconds	Keep hands close to your body/chest as you pull the weight towards you
	DB Seated Lateral Raise	20	3	60-90 Seconds	Maintain a slight bend in your elbows, raise the dumbbells outwards and upwards to shoulder height, ensuring that you keep your shoulder blades down and back. Inhale. Slowly lower the dumbbells down to your sides to return to the starting position
	Cardio	20 minutes cardio of choice			
Day 5 Glutes & Condition	Hip Thrust Machine	10-12	5	60-90 Seconds	Place booty band below knees. Squeeze glutes and stretch band at the top, hold for 2-3 seconds before slowly coming back down. Tighten the core to make sure you're engaging it as you push up
	DB Deadlifts + Deficit Lunges	Deadlifts + 20 Lung	4	60-90 Seconds	Focus on driving your hips back and keeping your elbows locked in and close to your body throughout the entire movement. Push through with the heels and squeeze glutes at the top. Follow with 20 lunges immediately
	Assisted Sumo Squats	10-12	4	60-90 Seconds	Toes pointing outwards, knees follow direction of the toes, push through with the heels slow and controlled. Increase weight per set
	Seated Sumo Press	10-12	4	60-90 Seconds	Push through with the foot on the step, do not throw yourself with foot against the floor
	Bent Over Cable Kickbacks	12-15 per leg	3	60-90 Seconds	Straight spine, do not arch. Contract your core muscles. Extend your leg back and up until your thigh is parallel to the ground. Slowly go back into starting position
	Seated Abductions	15	4	60-90 Seconds	Slowly push your knees out to the side and then bring them back, in a control motion. Do not rush the exercise and maintain an upright posture throughout
	Box Jumps	12	3	30-45 Seconds	Modified: Squat Jumps
	Conditioning Circuit: Frog Jumps, Plank Jacks, Mountain Climbers	20 seconds each (60 seconds total)	4	45-60 Seconds Rest	Perform back to back with minimal rest until completing the full 60 seconds

Week 2

	Exercise	# of Repetitions	# of Sets		Tips
Day 1 Quads, Calves & Core	Heck Squats + Squat Pulses	10 Heck Squats + 10 Pulses	4	1-2 Minutes	Position your feet shoulder-width apart, with your toes pointing very slightly diagonally away from each other. Take a deep breath in to fill your chest and keep your torso strong, then bend your legs to lower into a squat. Keep your knees wide apart and heels down. Lower until your legs are at least parallel with the floor, then drive back up to stand. Immediately follow with 10 pulses)
	Low Stance Leg Press	10-12	4	60-90 Seconds	Slow and controlled movement while pushing through. Try to increase the weight as you move on to the next set
	Assisted Reverse Lunge	10-12 per leg	4	60-90 Seconds	Try to increase the weight as you go on to the next set. Drive with your entire foot, not just your toes. Don't lock out your knee at the top of the movement
	10x3 Leg Extensions	10 toes pointing outward + 10 pointing straight + 10 pointing inward	3	60-90 Seconds	Extend your legs to the max while grasping on to the side handles. Lower the weight back slowly. Inhale when you lower the weight, exhale when you lift it.
	Weighted Wall Sit + Calves Raises	60 Second Wall Sit + 25 Calves Raises	3	60-90 Seconds	Back against the wall. Weighted plate on your lap, your knees should be above your ankles and bent at right-angles. Hold for 60 Seconds, then immediately perform 25 raises
	Hip Adductions	20	4	30-45 Seconds	Pushing through with front heel. Add booty band once you feel comfortable with the lunges
	Core: 10 V-Ups + 20 Russian Twists + 20 Hip Rotations	10 V-Ups + 20 Twists + 20 Rotations	3	45-60 Seconds Rest	Perform back to back with minimal rest until completing the full 60 seconds
Day 2 Back, Arms, & Cardio	Assisted Underhand Backrows	12-15	4	60-90 Seconds	Keep back straight, but relax shoulders. Pull barbell towards your abs and release slowly
	Assisted Wide Grip Pull-Ups	8-10	3	60-90 Seconds	Pull yourself up until your chin is above the bar, grip slightly wider than shoulder-width, tuck in your elbows as you pull up
	Bentover Rows	12-15	4	60-90 Seconds	Elbows close to your body. Think about pulling your elbows behind you, not pulling the bar up. It'll help to activate your lats and keep everything tight
	Underand Lat Pulldown	12-15	4	60-90 Seconds	Pull the handle down to your chest, slowly reverse the motion until arm is fully extended
	7x3 Cable Curl	2160-90	4	60-90 Seconds	Lift each dumbbell, palms up, toward your shoulders. It's important to keep your upper arms tight so that you can isolate the biceps as you move your lower arms only
	Seated Bicep Curls	12-15	4	60-90 Seconds	Elbows in, curl the bar towards your shoulder and contract your biceps
	Superset: Dips on Bench + Skull Crushers	10 Dips + 15 Skull Crushers	3	60-90 Seconds	Skull Crushers: Upper arms remain perpendicular to the body. Reverse the movement slowly until the dumbbells are held above the chest
	Tricep Pushdowns	20	3	60-90 Seconds	Maintain elbows close to you and drop weight slowly. Stretch rope until arms are completely straight
	Cardio	20 min cardio of choice			
Day 3 Glutes, Hamstrings & Abs	Barbell Deadlifts	8-10	5	1-2 Minutes	Maintain straight back, chest should be right above barbell at starting point of lift. Knees shoot out following the toes. Toghten your core before your lift
	Barbell Hip Thrust	12-15	4	60-90 Seconds	Booty band above knees. Push through with heels and squeeze glutes for 2-3 seconds at the top. Tighten the core so your back does not round
	Side Leg Press	10-12 per leg	4	60-90 Seconds	Knee should not go past the toes. Perform these slow to get the most out of the workout. Try to increase the weight per set
	Bulgarian Split Squats (with Dumbbells)	10-12 per leg	4	60-90 Seconds	Have one leg resting on the bench behind you, laces down. Squat with your standing leg until the knee of your trailing leg almost touches the floor. Push up through your front foot to return to the start position.
	DB Step-Ups	10 per leg	3	60-90 Seconds	Us your heel on the step to push yourself up. Try not to throw yourself up with the leg against the ground
	Cable Lateral Kicks	15 per leg	3	60-90 Seconds	Maintain a tight core. Only the leg should be moving, hips stay in place throughout the movement.
	Cable Pullthroughs	15	3	60-90 Seconds	Begin the movement by bending at the waist and pushing your hips back towards the machine. Do not allow your spinal alignment to change, keep a neutral spine throughout the entire movement. Keep pushing your hips back until you feel a nice stretch in your hamstrings. It is okay to have a slight bend at the knee
	Abs Circuit: Medicine Ball Toe Touch, Medicine Ball Russian Twist, Scissor Kicks	20 seconds each	4	30-45 Seconds	Perform back to back with minimal rest until completing all three exercises
Day 4 Chest & Shoulders, Cardio	Superset: Dumbbell Chest Press + Push-Ups	12 Chest Press + 12 Push-Ups	4	60-90 Seconds	Place the dumbbells together side by side and lift them up over your chest. Lower them down together and touching each other and then push the dumbbells back up. 12 squeeze + 12 push-ups = 1 set
	Barbell Chest Press	8-10	4	60-90 Seconds	Maintain a neutral wrist position with your wrists in line with your forearms. Push the bars outward to full extension but without locking out the elbow, exhaling as you press out
	Seated Shoulder Press	12-15	4	60-90 Seconds	Elbows at shoulder height with palms facing away from you. Press the weights directly upwards
	Cable Lateral Raises	12 per arm	4	60-90 Seconds	Maintain a slight bend in your elbows, raise the arms out to the side until they are parallel to the ground
	Cable Uprows	15	4	60-90 Seconds	Elbows slightly bent, bring cable back down slow and controlled
	DB Incline Y Raise	15	4	60-90 Seconds	Keep elbows slightly bent. Slow and controlled motion
	Cardio	25-30 min cardio of choice			
Day 5 Legs, Core & Condition	Barbell Front Squats	10-12	4	60-90 Seconds	Knees follow direction of the toes, keep the core tight. Sit back slowly and push through with the heels when coming back up. Try to increase the weight on each set. Add booty band above knees once you feel comfortable
	Assisted Deficit RDLs	10-12	4	60-90 Seconds	On top or behind your shoulders not on your neck inhale contract your core go down into the squat. Flex your glutes to bring your hips forward and back to starting position
	Seated Leg Press: Wide Stance + Narrow Stance	10 Wide + 10 Narrow	4	60-90 Seconds	Add Booty Band above knees. Do not lock the knees. 10 wide immediately followed by 10 narrow = 1 set
	Leg Extensions	15	4	60-90 Seconds	Slow and controlled as you drop weight back down. Keep hips on the seat throughout the entire movement
	Leg Curls	15	4	60-90 Seconds	Pull heels down and squeeze, slowly bring leg back up into starting position
	Adduction Machine	20	4	60-90 Seconds	Perform slow and controlled. Increase the weight as you go into the next set
	Squat Jumps + Lunges	10 Squat Jumps + 20 Lunges	3	60-90 Seconds	10 squat jumps + 20 lunges = 1 set
	Condition: High Knees, Half Burpees, Plank Jacks	20 seconds each = 60 total seconds	4	45-60 Seconds	Perform back to back as fast as you can with minimal rest until completing all four exercises

Week 3

	Exercise	# of Repetitions	# of Sets		Tips
Day 1 Full Upper Body and Cardio	Barbell Backrows	12-15	4	60-90 Seconds	Elbows close to your body. Think about pulling your elbows behind you, not pulling the bar up. It'll help to activate your lats and keep everything tight
	Narrow Push-Ups on Bench + DB Hammer Curls	10 Push-Ups + 15 Curls	4	60-90 Seconds	Perform as many push-ups as you can with your entire body weight. The rest can be performed assisted (on your knees). Immediately follow with 10 curls
	DB Reverse Flys	12-15	4	60-90 Seconds	Elbows slightly bent, maintain them close to your body and below your chest
	DB Single Arm Hold Curl	20	4	60-90 Seconds	Elbows in, curl the bar towards your shoulder and contract your biceps
	DB Tricep Kickback	12	4	60-90 Seconds	Elbows stay close to your body throughout the entire movement. Only forearms move
	DB Tricep Press	12-15	3	60-90 Seconds	Elbows stay close to your body throughout the entire movement. Only forearms move
	Superset: Shoulder Taps + Plank Crossovers	Taps + 20 Crossov	3	60-90 Seconds	20 taps + 20 crossovers = 1 set
	Cardio	20 min cardio of choice			
Day 2 Quads, Calves, Core	Barbell Squats + 3/4th Squats	8 Squats + 8 3/4th Squats	4	1-2 Minutes	Keep core tight and engaged, immediately follow with 3/4 squats. 8 squats + 8 3/4ths = 1 set
	Lying Leg Press	8-10	5	60-90 Seconds	Knee should not go past the toes. Perform these slow to get the most out of the workout. Try to increase the weight per set
	Cable Front Squats	10-12	4	60-90 Seconds	Knee should not go past the toes, do not lock the knees when extending the leg, slow and controlled movement. Brace your core and keep handle close to chest
	Seated Adduction	20	4	60-90 Seconds	Hold and squeeze at center for 2-3 seconds
	Single Leg Squat	10-12 per leg	3	30-45 Seconds	Hold weight close to your body. Push through with heel. Knee should not go past the toe
	Step-Ups	10-12 per leg	3	60-90 Seconds	Pick yourself up using the heel that's on the step-up. Do not use the back leg to throw yourself up
	Seated Calves Raises	20	4	60-90 Seconds	Rise up to your toes and slowly drop back into starting position
	Plank	60 Seconds	2	45-60 Seconds	Keep core tight and focus on your breathing. Once you complete 60 seconds, rest 45 seconds, then move on to the next round until completing all 3
Day 3 Back, Biceps, Shoulders, Cardio	Seated Single Close Row	12 per arm	4	60-90 Seconds	Keep back straight, but relax shoulders. Pull handle towards your abs
	Seated Wide Grip Row	15	4	60-90 Seconds	Keep back straight, but relax shoulders. Pull handle towards your chest
	Cable Single Lat Pulldown	12 per arm	4	60-90 Seconds	Pull the handle back as far as you can, slowly reverse the motion until arm is fully extended
	Cable Flex Curls	12-15	4	60-90 Seconds	With palms facing inward, raise dumbbell until your elbow is at a 90-degree bend
	DB Reverse Curls	12-15	3	60-90 Seconds	Slight bend in the elbows. Chin up and then bring your arms straight up to the side. Immediately go into bicep curls
	Machine Lateral Raise	12-15	4	60-90 Seconds	Maintain a slight bend in your elbows, raise the dumbbells outwards and
	Superset: DB Shoulder Press + DB Front Shoulder Raise	10 Shoulder Press + 10 Front Raise	3	60-90 Seconds	10 Shoulder Press + 10 Front Raise = 1 Set
	Cardio	20-25 min cardio of choice			
Day 4 Chest, Triceps, Abs, Condition	Barbell Chest Press	8-10	5	60-90 Seconds	Maintain a neutral wrist position with your wrists in line with your forearms. Push the bars outward to full extension but without locking out the elbow, exhaling as you press out
	Seated Chest Press	12-15	4	60-90 Seconds	Push away from you until arms are fully extended, bring back in slowly for every rep
	DB Chest Fly	12-15	4	60-90 Seconds	Keep arms extended, but not locked. Squeeze at the center
	DB Tricep Press	12-15	4	60-90 Seconds	Elbows slightly bent, maintain them close to your body and below your chest
	Seated Tricep Pushdowns	12-15	4	60-90 Seconds	Elbows slightly bent, maintain them close to your body and extend until arms are completely straight
	Hanging Leg Raises	15	3	45-60 Seconds	Keep core tight and engaged, slowly drop the legs, do not rush these
	Plank Crossovers + Plank Toe Taps	20 Crossovers + 20 Toe Taps	3	45-60 Seconds	Keep hips low, abs tight
	Condition: Burpees, In and Out Jumps, Jumping Jacks	20 Seconds Each	4	45-60 Seconds	Perform back to back as fast as you can with minimal rest until completing all four exercises (60 seconds total)
Day 5 Glutes & Hamstrings	Romanian Deadlifts	8-10	5	1-2 Minutes	Drive shoulders back and keep spine straight. Push your hips back as you slowly lower the bar toward your feet. Chest should be right above the bar before your lift
	Single High Stance Leg Press	10-12 per leg	4	60-90 Seconds	Knees should not go past the toes. Slow and controlled movement while pushing through. Try to increase the weight as you move on to the next set
	DB Deadlifts	12-15	4	60-90 Seconds	Focus on driving your hips back and keeping your elbows locked in and close to your body throughout the entire movement. Push through with the heels and squeeze glutes at the top
	DB Deficit Lunges	20	3	60-90 Seconds	Feet placed in a wide stance, knees pointing outward, arms completely straight, maintain a flat neautral spine, do NOT allow any rounding of your back
	DB Bulgarian Split Squat + Pulses	8 with DB + 8 Pulses (without DB) per leg	3	60-90 Seconds	Have one leg resting on the bench behind you, laces down. Squat with your standing leg until the knee of your trailing leg almost touches the floor. Push up through your front foot to return to the start position.
	Cable Bentover Kickbacks	15 per leg	3	60-90 Seconds	Keep back straight, only the leg should be moving, do not swing upper body
	Paused Leg Extensions	15	3	60-90 Seconds	Extend your legs to the max while grasping on to the side handles. Lower the weight back slowly. Inhale when you lower the weight, exhale when you lift it. Pause for 3 seconds per rep
	Booty Band Circuit: Plank Kickbacks, Leg Bridge, Kickbacks	20 Plank KB + 15 frog bridges, 15 kickbacks per leg	3	45-60 Seconds	Perform these slowly, make sure to squeeze and hold at the top for 2-3 seconds

Week 4

	Exercise	# of Repetitions	# of Sets	Rest Between Sets	Tips
Day 1 Legs & Abs	Barbell Squats	10-12	5	60-90 Seconds	First set is considered your "warm up" set. Keep weight light and get comfortable with the barbell on this first set. If comfortable, begin adding weight on the second set. Feet shoulder width
	Single Seated Leg Press	12-15	4	60-90 Seconds	Knees should not go past the toes. Perform these slow to get the most out of the workout. Push through with heels and middle part of your foot (avoid pushing with the toes)
	Lying Leg Curls	20	4	60-90 Seconds	Pull heels down and squeeze, slowly bring leg back up into starting position
	Paused Leg Extensions	10-12	4	60-90 Seconds	Slow and controlled as you drop weight back down. Keep hips on the seat throughout the entire movement
	DB Lunge Pulses	10 per leg	4	60-90 Seconds	Perform slow and controlled. Increase the weight as you go into the next set
	Weighted Calf Raises	20	3	60-90 Seconds	10 feet pointing outward, 10 feet pointing inward
	Squat Jumps	12	3	30-45 Seconds	Make sure to land softly during squat jumps. Modified: regular squats
	Plank Superset: Plank Toe Taps + Plank Hold	20 Second Rotation + 20 Second Hold	2	45-60 Seconds	Perform back to back with minimal rest until completing the full 40 seconds
Day 2 Back, Arms & Cardio	Assisted Backrows	12-15	4	60-90 Seconds	Elbows close to your body. Think about pulling your elbows behind you, not pulling the bar up. It'll help to activate your lats and keep everything tight
	Narrow Pull-Ups	6-8	4	1-2 Minutes	If your gym has the assisted pull up machine, please use that instead. I am using a long resistance band here for assistance. Pull yourself up until your chin is above the bar, grip slightly wider
	Seated Single Row	12 per arm	4	60-90 Seconds	Elbows close to your body. Think about pulling/dragging your elbows behind you. It'll help to activate your lats and keep everything tight
	Cable Lat Pulldowns	12-15	4	60-90 Seconds	Keep elbows in line with the wrist throughout the entire movement. Squeeze back muscles and tuck in your elbows
	Single Tricep Overhead Extension	12 per arm	3	60-90 Seconds	Maintain elbows close to you and drop weight slowly. Stretch rope until arms are completely straight
	Seated Tricep Pushdowns	12-15	4	60-90 Seconds	Tuck your elbows in and grip the bar with your palms facing up. Keep your upper arms stationary, breathe out and curl up to your chest. Only your forearms should move.
	B Wide Grip Curl + Hammer Cur	Vide Grip + 10 Ham	3	30-45 Seconds	With palms facing inward, raise dumbbell until your elbow is at a 90-degree bend
	DB Crossbody Curls	20 Alternating	3	60-90 Seconds	Elbows in, curl the bar towards your shoulder and contract your biceps
	Cardio	20 minutes cardio of your choice			
Day 3 Glutes, Hamstrings & Core	High Stance Leg Press	12-15	4	60-90 Seconds	Bend your knees and lower the foot plate towards your torso until your knees almost touch your chest. Ensure that your knees remain in line with your toes throughout the entire movement
	Hip Thrust with Pause	15	4	60-90 Seconds	Place booty band below knees. Squeeze glutes and stretch band at the top, hold for 3 seconds before slowly coming back down. Tighten the core to make sure you're engaging it as you
	DB Sumo Squats	20	3	60-90 Seconds	Bend at the hips to grab one end of the dumbbell with both hands and arms hanging in front of you. Keep your core tight and lift the dumbbell by extending your legs and
	Single Seated Leg Curls	12 per leg	3	60-90 Seconds	Curl your leg to the max while grasping on to the side handles. Bring weight back up slowly. Inhale bring the weight up, exhale when you push the weight down
	Cable Kickbacks	12 per leg	3	60-90 Seconds	Keep back straight, only the leg should be moving, do not swing upper body
	Walking Lunges	20	3	60-90 Seconds	Front knee should not go past the toes. Use front heel to pick yourself back up
	Seated Abductions	20	4	60-90 Seconds	Slowly push your knees out to the side and then bring them back, in a control motion. Do not rush the exercise and maintain an upright posture throughout
	Core Circuit: Crunches + Flutter Kicks + Bicycle Crunches	20 Sec of each	4	30-45 Seconds	Keep core tight, try not to rest it until the minute is completed
Day 4 Chest, Shoulders, & Cardio	DB Chest Press	12-15	4	45-60 Seconds	Lift DB to chest high with palms facing forward. Breathe and push the dumbbells up until your arms are fully extended. Return to starting position slowly.
	Cable Chest Fly High	12-15	4	60-90 Seconds	Keep arms extended, but not locked. Squeeze at the center
	DB Close Grip Flat Bench Press	12-15	3	60-90 Seconds	Keep arms extended, but not locked. Squeeze at the center for 2-3 seconds
	Push-Ups + Arnold's Press	10 Push Ups + 10 Arnold's Press	4	60-90 Seconds	Keep elbows slightly bent. Slow and controlled motion
	DB Narrow Shoulder Press	10-12	4	60-90 Seconds	Elbows at shoulder height with palms facing away from you. Press the weights directly upwards
	DB Upright Rows	12-15	4	60-90 Seconds	Keep hands close to your body/chest as you pull the weight towards you
	DB Seated Lateral Raise	20	3	60-90 Seconds	Maintain a slight bend in your elbows, raise the dumbbells outwards and upwards to shoulder height, ensuring that you keep your shoulder blades down and back.
	Cardio	20 minutes cardio of choice			
Day 5 Glutes & Condition	Hip Thrust Machine	10-12	5	60-90 Seconds	Place booty band below knees. Squeeze glutes and stretch band at the top, hold for 2-3 seconds before slowly coming back down. Tighten the core to make sure you're engaging it as you
	DB Deadlifts + Deficit Lunges	Deadlifts + 20 Lung	4	60-90 Seconds	Focus on driving your hips back and keeping your elbows locked in and close to your body throughout the entire movement. Push through with the heels and squeeze glutes at the top. Follow
	Assisted Sumo Squats	10-12	4	60-90 Seconds	Toes pointing outwards, knees follow direction of the toes, push through with the heels slow and controlled. Increase weight per set
	Seated Sumo Press	10-12	4	60-90 Seconds	Push through with the foot on the step, do not throw yourself with foot against the floor
	Bent Over Cable Kickbacks	12-15 per leg	3	60-90 Seconds	Straight spine, do not arch. Contract your core muscles. Extend your leg back and up until your thigh is parallel to the ground. Slowly go back into starting position
	Seated Abductions	15	4	60-90 Seconds	Slowly push your knees out to the side and then bring them back, in a control motion. Do not rush the exercise and maintain an upright posture throughout
	Box Jumps	12	3	30-45 Seconds	Modified: Squat Jumps
	Conditioning Circuit: Frog Jumps, Plank Jacks, Mountain Climbers	20 seconds each (60 seconds total)	4	45-60 Seconds Rest	Perform back to back with minimal rest until completing the full 60 seconds

Week 5

	Exercise	# of Repetitions	# of Sets		Tips
Day 1 Quads, Calves & Core	Heck Squats + Squat Pulses	10 Heck Squats + 10 Pulses	4	1-2 Minutes	Position your feet shoulder-width apart, with your toes pointing very slightly diagonally away from each other. Take a deep breath in to fill your chest and keep your torso strong, then bend your
	Low Stance Leg Press	10-12	4	60-90 Seconds	Slow and controlled movement while pushing through. Try to increase the weight as you move on to the next set
	Assisted Reverse Lunge	10-12 per leg	4	60-90 Seconds	Try to increase the weight as you go on to the next set. Drive with your entire foot, not just your toes. Don't lock out your knee at the top of the movement
	10x3 Leg Extensions	10 toes pointing outward + 10 pointing straight + 10 pointing inward	3	60-90 Seconds	Extend your legs to the max while grasping on to the side handles. Lower the weight back slowly. Inhale when you lower the weight, exhale when you lift it.
	Weighted Wall Sit + Calves Raises	60 Second Wall Sit + 25 Calves Raises	3	60-90 Seconds	Back against the wall. Weighted plate on your lap, your knees should be above your ankles and bent at right-angles. Hold for 60 Seconds, then immediately perform 25 raises
	Hip Adductions	20	4	30-45 Seconds	Pushing through with front heel. Add booty band once you feel comfortable with the lunges
	Core: 10 V-Ups + 20 Russian Twists + 20 Hip Rotations	10 V-Ups + 20 Twists + 20 Rotations	3	45-60 Seconds Rest	Perform back to back with minimal rest until completing the full 60 seconds
Day 2 Back, Arms, & Cardio	Assisted Underhand Backrows	12-15	4	60-90 Seconds	Keep back straight, but relax shoulders. Pull barbell towards your abs and release slowly
	Assisted Wide Grip Pull-Ups	8-10	3	60-90 Seconds	Pull yourself up until your chin is above the bar, grip slightly wider than shoulder-width, tuck in your elbows as you pull up
	Bentover Rows	12-15	4	60-90 Seconds	Elbows close to your body. Think about pulling your elbows behind you, not pulling the bar up. It'll help to activate your lats and keep everything tight
	Underand Lat Pulldown	12-15	4	60-90 Seconds	Pull the handle down to your chest, slowly reverse the motion until arm is fully extended
	7x3 Cable Curl	2160-90	4	60-90 Seconds	Lift each dumbbell, palms up, toward your shoulders. It's important to keep your upper arms tight so that you can isolate the biceps as you move your lower arms only
	Seated Bicep Curls	12-15	4	60-90 Seconds	Elbows in, curl the bar towards your shoulder and contract your biceps
	Superset: Dips on Bench + Skull Crushers	10 Dips + 15 Skull Crushers	3	60-90 Seconds	Skull Crushers: Upper arms remain perpendicular to the body. Reverse the movement slowly until the dumbbells are held above the chest
	Tricep Pushdowns	20	3	60-90 Seconds	Maintain elbows close to you and drop weight slowly. Stretch rope until arms are completely straight
	Cardio	20 min cardio of choice			
Day 3 Glutes, Hamstrings & Abs	Barbell Deadlifts	8-10	5	1-2 Minutes	Maintain straight back, chest should be right above barbell at starting point of lift. Knees shoot out following the toes. Toghten your core before your lift
	Barbell Hip Thrust	12-15	4	60-90 Seconds	Booty band above knees. Push through with heels and squeeze glutes for 2-3 seconds at the top. Tighten the core so your back does not round
	Side Leg Press	10-12 per leg	4	60-90 Seconds	Knee should not go past the toes. Perform these slow to get the most out of the workout. Try to increase the weight per set
	Bulgarian Split Squats (with Dumbbells)	10-12 per leg	4	60-90 Seconds	Have one leg resting on the bench behind you, laces down. Squat with your standing leg until the knee of your trailing leg almost touches the floor. Push up through your front foot to return
	DB Step-Ups	10 per leg	3	60-90 Seconds	Us your heel on the step to push yourself up. Try not to throw yourself up with the leg against the ground
	Cable Lateral Kicks	15 per leg	3	60-90 Seconds	Maintain a tight core. Only the leg should be moving, hips stay in place throughout the movement.
	Cable Pullthroughs	15	3	60-90 Seconds	Begin the movement by bending at the waist and pushing your hips back towards the machine. Do not allow your spinal alignment to change, keep a neutral spine throughout the entire
	Abs Circuit: Medicine Ball Toe Touch, Medicine Ball Russian Twist, Scissor Kicks	20 seconds each	4	30-45 Seconds	Perform back to back with minimal rest until completing all three exercises
Day 4 Chest & Shoulders, Cardio	Superset: Dumbbell Chest Press + Push-Ups	12 Chest Press + 12 Push-Ups	4	60-90 Seconds	Place the dumbbells together side by side and lift them up over your chest. Lower them down together and touching each other and then push the dumbbells back up. 12 squeeze + 12 push-ups = 1
	Barbell Chest Press	8-10	4	60-90 Seconds	Maintain a neutral wrist position with your wrists in line with your forearms. Push the bars outward to full extension but without locking out the elbow, exhaling as you press out
	Seated Shoulder Press	12-15	4	60-90 Seconds	Elbows at shoulder height with palms facing away from you. Press the weights directly upwards
	Cable Lateral Raises	12 per arm	4	60-90 Seconds	Maintain a slight bend in your elbows, raise the arms out to the side until they are parallel to the ground
	Cable Uprows	15	4	60-90 Seconds	Elbows slightly bent, bring cable back down slow and controlled
	DB Incline Y Raise	15	4	60-90 Seconds	Keep elbows slightly bent. Slow and controlled motion
	Cardio	25-30 min cardio of choice			
Day 5 Legs, Core & Condition	Barbell Front Squats	10-12	4	60-90 Seconds	Knees follow direction of the toes, keep the core tight. Sit back slowly and push through with the heels when coming back up. Try to increase the weight on each set. Add booty band above knees
	Assisted Deficit RDLs	10-12	4	60-90 Seconds	On top or behind your shoulders not on your neck inhale contract your core go down into the squat. Flex your glutes to bring your hips forward and back to starting position
	Seated Leg Press: Wide Stance + Narrow Stance	10 Wide + 10 Narrow	4	60-90 Seconds	Add Booty Band above knees. Do not lock the knees. 10 wide immediately followed by 10 narrow = 1 set
	Leg Extensions	15	4	60-90 Seconds	Slow and controlled as you drop weight back down. Keep hips on the seat throughout the entire movement
	Leg Curls	15	4	60-90 Seconds	Pull heels down and squeeze, slowly bring leg back up into starting position
	Adduction Machine	20	4	60-90 Seconds	Perform slow and controlled. Increase the weight as you go into the next set
	Squat Jumps + Lunges	10 Squat Jumps + 20 Lunges	3	60-90 Seconds	10 squat jumps + 20 lunges = 1 set
	Condition: High Knees, Half Burpees, Plank Jacks	20 seconds each = 60 total seconds	4	45-60 Seconds	Perform back to back as fast as you can with minimal rest until completing all four exercises

Week 6

	Exercise	# of Repetitions	# of Sets		Tips
Day 1 Full Upper Body and Cardio	Barbell Backrows	12-15	4	60-90 Seconds	Elbows close to your body. Think about pulling your elbows behind you, not pulling the bar up. It'll help to activate your lats and keep everything tight
	Narrow Push-Ups on Bench + DB Hammer Curls	10 Push-Ups + 15 Curls	4	60-90 Seconds	Perform as many push-ups as you can with your entire body weight. The rest can be performed assisted (on your knees). Immediately follow with 10 curls
	DB Reverse Flys	12-15	4	60-90 Seconds	Elbows slightly bent, maintain them close to your body and below your chest
	DB Single Arm Hold Curl	20	4	60-90 Seconds	Elbows in, curl the bar towards your shoulder and contract your biceps
	DB Tricep Kickback	12	4	60-90 Seconds	Elbows stay close to your body throughout the entire movement. Only forearms move
	DB Tricep Press	12-15	3	60-90 Seconds	Elbows stay close to your body throughout the entire movement. Only forearms move
	Superset: Shoulder Taps + Plank Crossovers	Taps + 20 Crossov	3	60-90 Seconds	20 taps + 20 crossovers = 1 set
	Cardio	20 min cardio of choice			
Day 2 Quads, Calves, Core	Barbell Squats + 3/4th Squats	8 Squats + 8 3/4th Squats	4	1-2 Minutes	Keep core tight and engaged, immediately follow with 3/4 squats. 8 squats + 8 3/4ths = 1 set
	Lying Leg Press	8-10	5	60-90 Seconds	Knee should not go past the toes. Perform these slow to get the most out of the workout. Try to increase the weight per set
	Cable Front Squats	10-12	4	60-90 Seconds	Knee should not go past the toes, do not lock the knees when extending the leg, slow and controlled movement. Brace your core and keep handle close to chest
	Seated Adduction	20	4	60-90 Seconds	Hold and squeeze at center for 2-3 seconds
	Single Leg Squat	10-12 per leg	3	30-45 Seconds	Hold weight close to your body. Push through with heel. Knee should not go past the toe
	Step-Ups	10-12 per leg	3	60-90 Seconds	Pick yourself up using the heel that's on the step-up. Do not use the back leg to throw yourself up
	Seated Calves Raises	20	4	60-90 Seconds	Rise up to your toes and slowly drop back into starting position
	Plank	60 Seconds	2	45-60 Seconds	Keep core tight and focus on your breathing. Once you complete 60 seconds, rest 45 seconds, then move on to the next round until completing all 3
Day 3 Back, Biceps, Shoulders, Cardio	Seated Single Close Row	12 per arm	4	60-90 Seconds	Keep back straight, but relax shoulders. Pull handle towards your abs
	Seated Wide Grip Row	15	4	60-90 Seconds	Keep back straight, but relax shoulders. Pull handle towards your chest
	Cable Single Lat Pulldown	12 per arm	4	60-90 Seconds	Pull the handle back as far as you can, slowly reverse the motion until arm is fully extended
	Cable Flex Curls	12-15	4	60-90 Seconds	With palms facing inward, raise dumbbell until your elbow is at a 90-degree bend
	DB Reverse Curls	12-15	3	60-90 Seconds	Slight bend in the elbows. Chin up and then bring your arms straight up to the side. Immediately go into bicep curls
	Machine Lateral Raise	12-15	4	60-90 Seconds	Maintain a slight bend in your elbows, raise the dumbbells outwards and upwards to shoulder height, ensuring that you keep your shoulder blades down and back.
	Superset: DB Shoulder Press + DB Front Shoulder Raise	10 Shoulder Press + 10 Front Raise	3	60-90 Seconds	10 Shoulder Press + 10 Front Raise = 1 Set
	Cardio	20-25 min cardio of choice			
Day 4 Chest, Triceps, Abs, Condition	Barbell Chest Press	8-10	5	60-90 Seconds	Maintain a neutral wrist position with your wrists in line with your forearms. Push the bars outward to full extension but without locking out the elbow, exhaling as you press out
	Seated Chest Press	12-15	4	60-90 Seconds	Push away from you until arms are fully extended, bring back in slowly for every rep
	DB Chest Fly	12-15	4	60-90 Seconds	Keep arms extended, but not locked. Squeeze at the center
	DB Tricep Press	12-15	4	60-90 Seconds	Elbows slightly bent, maintain them close to your body and below your chest
	Seated Tricep Pushdowns	12-15	4	60-90 Seconds	Elbows slightly bent, maintain them close to your body and extend until arms are completely straight
	Hanging Leg Raises	15	3	45-60 Seconds	Keep core tight and engaged, slowly drop the legs, do not rush these
	Plank Crossovers + Plank Toe Taps	20 Crossovers + 20 Toe Taps	3	45-60 Seconds	Keep hips low, abs tight
	Condition: Burpees, In and Out Jumps, Jumping Jacks	20 Seconds Each	4	45-60 Seconds	Perform back to back as fast as you can with minimal rest until completing all four exercises (60 seconds total)
Day 5 Glutes & Hamstrings	Romanian Deadlifts	8-10	5	1-2 Minutes	Drive shoulders back and keep spine straight. Push your hips back as you slowly lower the bar toward your feet. Chest should be right above the bar before your lift
	Single High Stance Leg Press	10-12 per leg	4	60-90 Seconds	Knees should not go past the toes. Slow and controlled movement while pushing through. Try to increase the weight as you move on to the next set
	DB Deadlifts	12-15	4	60-90 Seconds	Focus on driving your hips back and keeping your elbows locked in and close to your body throughout the entire movement. Push through with the heels and squeeze glutes at the top
	DB Deficit Lunges	20	3	60-90 Seconds	Feet placed in a wide stance, knees pointing outward, arms completely straight, maintain a flat neautral spine, do NOT allow any rounding of your back
	DB Bulgarian Split Squat + Pulses	8 with DB + 8 Pulses (without DB) per leg	3	60-90 Seconds	Have one leg resting on the bench behind you, laces down. Squat with your standing leg until the knee of your trailing leg almost touches the floor. Push up through your front foot to return
	Cable Bentover Kickbacks	15 per leg	3	60-90 Seconds	Keep back straight, only the leg should be moving, do not swing upper body
	Paused Leg Extensions	15	3	60-90 Seconds	Extend your legs to the max while grasping on to the side handles. Lower the weight back slowly. Inhale when you lower the weight, exhale when you lift it. Pause for 3 seconds per rep
	Booty Band Circuit: Plank Kickbacks, Leg Bridge, Kickbacks	20 Plank KB + 15 frog bridges, 15 kickbacks per leg	3	45-60 Seconds	Perform these slowly, make sure to squeeze and hold at the top for 2-3 seconds