



MONDAY - MAY. 2, 2022

Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
(A2) Upper - Warm Up		3 Rounds													
		-													
		Ring Rear Delt Flyes x10													
		Ring Push-ups x10													
		Band Pull-aparts x10													
		Band Shoulder Dislocation x10													
		-													
		No rest between rounds.													
A BB Bench Press			10		8		6		5		4		4		4
		40%		55%		65%		75%		83%		83%		83%	
		Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets													
B DB Incline Press			8		8		8		8		8				
		Go as heavy as possible. - Rest 90 secs. between sets													
B DB Incline Fly			10		10		10		10		10				
		Go as heavy as possible. - Rest 90 secs. between sets													
C Landmine Standing Press			10		10		10		10		10				
		Go as heavy as possible. - Rest 90 secs. between sets													
C Dips		AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP				
		Move slowly and stay in control. - Rest 90 secs. between sets													
D BB Skull Crusher			10		10		10		10						
		Go as heavy as possible. - Rest 90 secs. between sets													
D Band Tricep Extensions			15		15		15		15						
		use a heavy resistance band and move slowly. - Rest 90 secs. between sets													
TUESDAY - MAY. 3, 2022															
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
(D2) Lower - Warm Up		3 Rounds													
		-													
		Cat-Back (Flexion + Extension) x10													
		Kneeling T-Spine Rotations x6 e/s													
		3-Way Lying Knee-to-Chest x20 seconds e/s													
		-													
		No rest between rounds.													
A Deadlift			10		8		6		5		4		4		4
		40%		55%		65%		75%		83%		83%		83%	
		Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets													
B SA DB Bent Over Row (Standing)			10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)				
		Go as heavy as possible. - Rest 90 secs. between sets													
B BB Upright Rows			8		8		8		8		8				
		Go as heavy as possible. - Rest 90 secs. between sets													
C Bent Over Row (BB)			8		8		8		8		8				
		Go as heavy as possible. - Rest 90 secs. between sets													
C Band Face-Pull			12		12		12		12		12				
		use a heavy resistance band and move slowly, - Rest 90 secs. between sets													
D Band Lateral Curls			15 (ea.)		15 (ea.)		15 (ea.)		15 (ea.)						
		Use a heavy resistance band and move slowly. - Rest 90 secs. between sets													
D DB Hammer Curls			10		10		10		10						
		Go as heavy as possible. - Rest 90 secs. between sets													

WEDNESDAY - MAY. 4, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
(B2) Upper - Warm Up	3 Rounds - Ring Inverted Rows x12 Ring Rear Delt Flys x10 Ring Front Raises x8 - No rest between rounds.													
A BB Incline Bench Press		10		8		6		5		4		4		4
	40%		55%		65%		75%		83%		83%		83%	
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets													
B DB Bench Press		10		10		10		10		10				
	Go as heavy as possible. - Rest 90 secs. between sets													
B DB Arnold Press (Seated)		8		8		8		8		8				
	Go as heavy as possible. - Rest 90 secs. between sets													
C BB Front Raises		8		8		8		8		8				
	Go as heavy as possible. - Rest 90 secs. between sets													
C DB Lateral Raise		10		10		10		10		10				
	Go as heavy as possible. - Rest 90 secs. between sets													
D Bicycle Crunches		12 (ea.)		12 (ea.)		12 (ea.)								
	No rest between rounds. Move slowly and stay in control.													
D Leg Raises		15		15		15								
	No rest between rounds. Move slowly and stay in control.													

THURSDAY - MAY. 5, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
(E2) Lower - Warm Up	3 Rounds - Bike x5 calories (moderate) Plate Goblet Squat x10 Plate Reverse Lunge x5 e/s Plate Lateral Lunge x5 e/s - No rest between rounds.													
A Back Squat		10		8		6		5		4		4		4
	40%		55%		65%		75%		83%		83%		83%	
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets													
B Front Squat		8		8		8		8		8				
	Go as heavy as possible. - Rest 120 secs. between sets													
B Single Leg DB RDL (Assisted)		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)				
	Go as heavy as possible. - Rest 120 secs. between sets													
C DB Reverse Lunges		8 (ea.)		8 (ea.)		8 (ea.)		8 (ea.)		8 (ea.)				
	Go as heavy as possible. - Rest 90 secs. between sets													
C Heels Elevated Narrow Stance Squat		10		10		10		10		10				
	Go as heavy as possible. - Rest 90 secs. between sets													
D Assault Bike		10		10		10		10						
	10 Reps = 10 Calories Perform 4 sets of 10 calorie max effort sprints. - Rest 90 secs. between sets													
D Kettlebell Swing		15		15		15		15						
	Go as heavy as possible. - Rest 90 secs. between sets													

FRIDAY - MAY. 6, 2022	
-----------------------	--

Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7

FRIDAY - MAY. 6, 2022															
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
(B4) Upper - Warm Up		3 Rounds													
		-													
		Band Face Pulls x15													
		Band Internal Rotations x10 e/s													
		Band External Rotations x10 e/s													
		-													
		No rest between rounds.													
A BB Overhead Press (Seated)			10		8		6		5		4		4		4
		40%		55%		65%		75%		83%		83%		83%	
		Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets													
B BB Upright Rows			8		8		8		8		8				
		Go as heavy as possible. - Rest 90 secs. between sets													
B SA DB Bent Over Row			10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)				
		Go as heavy as possible. - Rest 90 secs. between sets													
C Lat Pulldown - Chin Up			10		10		10		10		10				
		Go as heavy as possible. - Rest 90 secs. between sets													
C Low Cable Row (Seated)			12		12		12		12		12				
		Go as heavy as possible. - Rest 90 secs. between sets													
D Front Forearm Plank			30 secs		30 secs		30 secs								
		No rest between rounds. Keep your back flat and your core tight.													
D Hollow Hold			30 secs		30 secs		30 secs								
		No rest between rounds. Keep your back flat and your core tight.													
SATURDAY - MAY. 7, 2022															
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
Rest Day	No scheduled workout.														
www.teambuildr.com															