



MONDAY - MAY. 2, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Overhead Press Warm Up 201	3 Rounds Single Arm Overhead KB Carry x50 yards each (elbows locked out) Hollow Body Hold x20 sec (press spine down) No rest between rounds.															
A Push Press		8		6		5		4		3		2		1		1
	40%		55%		65%		75%		83%		88%		93%		93%	
	Go as heavy as possible on your last two sets. - Rest 60 secs. between sets															
B DB Upright Row		5		5		5		5		5						
	Use slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
B DB Arnold Press (Seated)		5		5		5		5		5						
	Use slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
C DB Lateral Raise		5		5		5		5		5						
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
C DB Curls		8		8		8		8		8						
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															

Upper Body Circuit

D Hollow Hold		45 secs		45 secs		45 secs										
	Rest between sets: No Rest.															
D Band Face-Pull		10		10		10										
	No rest between rounds.															
D Push Ups	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP										
	No rest between rounds.															

TUESDAY - MAY. 3, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Back Squat Warm Up 201	3 Rounds BB Kang Squats x8 (1st good morning, 2nd back squat then reverse on the way up) Squat T-Spine Reach x 8e (press opposite arm into knee, eyes follow hand up)															
A Back Squat		8		6		5		4		3		3		1		1
	40%		55%		65%		75%		83%		88%		93%		93%	
	Go as heavy as possible on your last 2 sets. - Rest 60 secs. between sets															
B DB/KB Split Squat		5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)						
	Use a slow tempo go as heavy as possible. - Rest 60 secs. between sets															
		5		5		5		5		5						
B DB RDL	Go as heavy as possible. - Rest 60 secs. between sets															
		5		5		5		5		5						
		5		5		5		5		5						
C BB Hip Thrusters (Banded)	Use a slow tempo and go as heavy as possible.															

Lower Body Circuit

D Wall Sit		60 secs		60 secs		60 secs										
	Rest between sets: No Rest.															
D Kettlebell Swing		15		15		15										
	Rest between sets: No Rest.															

WEDNESDAY - MAY. 4, 2022

Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8

THURSDAY - MAY. 5, 2022																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Bench Press Warm Up 201	3 Rounds Bent Over Y's & T's x8 e/s (move slowly) Push Ups x8 (3 sec eccentric + 3 sec concentric) No rest between rounds.															
A BB Bench Press		8		6		5		4		3		3		1		1
	40%		55%		65%		75%		83%		88%		93%		93%	
	Go as heavy as possible on your last 2 sets. - Rest 60 secs. between sets															
B Chin Ups		5		5		5		5		5						
	Add additional weight if you can perform more than 5 reps. Add banded assistance if you're unable to perform 5 reps. - Rest 120 secs. between sets															
C DB Incline Press		5		5		5		5		5						
	Go as heavy as possible. 3 Second Eccentric + 3 Second Concentric - Rest 60 secs. between sets															
Upper Body Circuit																
D SA OH DB Tricep Extension (Seated)		10 (ea.)		10 (ea.)		10 (ea.)										
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
D Close Grip BB Curls		10		10		10										

		THURSDAY - MAY. 5, 2022															
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
		Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
FRIDAY - MAY. 6, 2022																	
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Deadlift Warm Up 201		3 Rounds Tempo BB RDL's x 8 (3 sec down, 3 sec up) Banded Pallof Press x 10 each (press straight forward, do not rotate)															
A Deadlift			8		6		5		4		3		2		1		1
		40%		55%		65%		75%		83%		88%		93%		93%	
		Go as heavy as possible on your last two sets. - Rest 90 secs. between sets															
B Front Squat			8		6		5		4		3		2		1		1
		45%		55%		65%		75%		83%		88%		93%		93%	
Lower Body Circuit																	
C KB Lateral Step Ups			5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)						
		Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
C KB Sumo Deficit Squat			5		5		5		5		5						
		Go as heavy as possible. - Rest 60 secs. between sets															
SATURDAY - MAY. 7, 2022																	
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
CHOOSE YOUR WORKOUT		Choose the workout that matches your goals. - We strongly encourage you to only choose one of the following workouts. Doing multiple workouts within one session will make you more prone to injury and less likely to maintain your current rate of progress.															
BUILD MUSCLE		3 Rounds: DB Walking Lunges x10 each DB Row x10 3 Rounds: DB Floor Press x10 DB Upright Row x10 3 Rounds Hanging Leg Raises x10 Weighted Sit Ups x15															
GET SHREDDED		2 Round for time: 50 WallBalls 50 Calorie Bike 50 Burpees 50 Sit-Ups															

SATURDAY - MAY. 7, 2022																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
RECOVERY	Perform 15 minutes of full body foam rolling and deep tissue mobilization / manipulation.															
	-															
	Row or Bike x15 minutes at a recovery pace.															
	-															
	Flexibility: Stretch for an additional 10-15 minutes.															
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