

Workout

Set 1

Set 2

Set 3

Set 4

Set 5

Set 6

Set 7

Set 8

STRENGTH & HIIT

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
	3 Rou	unds														
Overhead Press Warm Up																
201	Hollow Body Hold x20 sec (press spine down)															
	No re	est betw	een ro	unds.		•	,									
		8		6		5		4		3		2		1		1
A Push Press		1 8 40%		55%		ر 65%	7.5	' 	83		88		0.2		0.2	1
A rusii riess	-										88	% 0	93	%	93	90
	Go as heavy as possible on your last two sets Rest 60 secs. between sets 5 5 5 5 5															
B DB Upright Row								<u> </u>								
	Use sl	ow tempo	o and g	o as heav	y as po	ssible R	Rest 60 s	ecs. b	etween	sets						
B DB Arnold Press		5		5		5		5		5						
(Seated)	Use slow tempo and go as heavy as possible Rest 60 secs. between sets															
		5		5		5		5		5						
C DB Lateral Raise	lise a		no and	go as hea	l avv as n		Rest 60) sers	L hetwee							
	030 0				l vy us p		1 1		Jetwee							
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																
		45		45		45										
D Hollow Hold		secs		secs		secs										
Trement frend	Post h	etween s	ots: No			1 3003										
	Nest b	1	ets. No	1		40		_		_		_		_		
D Band Face-Pull		10		10		10										
	No res	st betwee														
D Push Ups	AMAP		AMAP		AMAP	AMAP										
- 1 стот о ро	No res	st betwee	n roun	ds.												
				TUESDA	AY - M	IAY. 3,	2022									
	S	et 1	Set 2		Set 3		Set	Set 4		: 5	Set	t 6	Set	 t 7	Set	t 8
Workout	Result		Result		Result											
	Result Reps Result															
Back Squat Warm Up 201			ate v8 (1st good	l morr	ning 2nc	hack	callat	then r	OVAR	sa on t	he wa	(מוו ענ			
Back Squar Warm Op 201	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)															
	Squai		Reaci		C33 01	·	al I I I I I I		.c, cyc		I					
A Pools Course		8		6		5		4		3		3		1		1
A Back Squat		10%		65% 65% 65% 65% 65% 65% 65% 65% 65% 65%			75		83		88	%	93	%	93%	
	Go as	heavy as	possibl	e on your	last 2 s	sets Res	st 60 sec		ween se							
		5 (ea.)		5 (ea.)		5 (ea.)		5		5						
B DB/KB Split Squat								(ea.)		(ea.)						
	Use a s	slow tem	oo go a	s heavy as	s possik		: 60 secs		een set			_		_		
B DB RDL		5		5		5		5		5						
D DD RDE	Go as	heavy as	possibl	e Rest 6	0 secs.	between	sets									
C BB Hip Thrusters		5		5		5		5		5						
(Banded)	Use a s	slow temi	oo and	go as hea	vv as p	ossible.										
				8	۱۶ ۱۶											
Lower Body Circuit																
		60		60		60										
D Wall Sit		secs		secs		secs										
	Rest b	etween se	ets: No	Rest.												
B Waterland II G .		15		15		15										
D Kettlebell Swing	Rest b	etween se	ets: No													
					2016	N. 4.5.7										
			W	EDNESI	JAY -	MAY. 4	i, 2022	2								

	Result Reps	Result Reps	Result Reps	SBEAYT BERY	Result Rep	s Result R	Reps Resul	t Reps	Result Reps						
Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	S	et 7	Set 8						
	Result Reps	Result Reps	Result Reps	Result Reps	Result Rep	s Result R	Reps Resul	t Reps	Result Reps						
	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	5 Rounds SA DB Bent Over Row x8 e/s DB Overhead Press x8 DB Incline Bench Press x8 DB Upright Row x8 *No rest between rounds. 5 Rounds DB Walking Lunges x8 e/s Side Plank x30 seconds e/s Front Plank x30 seconds *No rest between rounds.														
c==	2 Rounds For	Time:													
	50 Calorie Row 75 Air Squats														
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. THURSDAY - MAY. 5, 2022														
		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8						
Wor	kout	Result Rep							eps Result Reps						
Bench Press W	arm Up 201	3 Rounds Bent Ove Push Ups	- Y's & T's x8 e/	s (move slowly ntric + 3 sec cor	·)										
		8	6	5	4	3	3		1 1						
A BB Bench P	ress	40%	55%	65%	75%	83%	88%	93%	93%						
B Chin Ups		5	5	your last 2 sets 5	5	5	l assistance i	fyoulrou	nable to perform						
			st 120 secs. betw		оте птап этер:	s. Auu panueu	i assistatice l	i you re u	nable to perform						
C DB Incline I	Press	5	5	5 Second Eccentric	5 + 3 Second Cor	5 ncentric - Rest	60 secs. betv	ween sets							
Upper Body Ci	rcuit														
D SA OH DB 1		10 (ea.) 10 (ea	a.) 10 (ea.)										
Extension (Sea	•			s heavy as possib		cs. between se	ets								
D Close Grip	BB Curls	10) 10	10											

111013DA1 - WA1. 5, 2022																		
Wor	Set 1						Set 3				Set 5		Set 6		Set 7		8	
				t Rep								esult Rep	_	lt Reps	Result	t Reps	Result	Reps
			use a	siow t	empo			-			ou secs	. betweer	ı sets					
	FRIDAY - MAY. 6, 2022																	
Workout			Set			t 2		et 3		et 4		et 5	Set		Se		Set	
					Result	Reps	Result	Reps	Resul	t Reps	Resu	lt Reps	Result	Reps	Result	Reps	Result	Reps
Donalist Wayne	IIm 204		Rour		Dilay	0 (2		7	۰									
Deadlift Warm							n, 3 se nress s		ht forw	vard d	do not ro	ntate)						
			I	8	51116.	6	Cacin	5		4	1	3) tate)	2		1		1
A Deadlift		\vdash	409		5!	<u> </u>	6	ر 5%	-	75%	+	83%	88		93	•	93	
		Go									secs. b	etween se	<u> </u>					
B Front Squa	+			8		6		5		4		3		2		1		1
Front Squa			459	%	5.	5%	6	5%	-	75%		83%	88	%	93	%	93	%
Lower Body Ci	rcuit																	
C KB Lateral	Stan Une		[!	5 (ea.)		5 (ea.)		5 (ea.)		5 (ea.)	5 (ea.)						
ND Lateral	areh oha	Us	se a sl	ow ten	npo an	d go as	heavy	as poss	ible	Rest 60	secs. b	etween s	ets					
C KB Sumo D	eficit Squat	L		5		5		5		5		5						
. IS Samo D	Squar	Gc	as h	eavy a	s possi	ble R	est 60 s	ecs. bet	ween	sets								
						SATU	JRDAY	/ - MA	Υ. 7,	2022								
14/l	Set 1		Set	2	Se	et 3		Set 4		Set	5	Se	t 6		Set 7	Set		8
Workout	Result Reps	Res	ult	Reps	Resul	t Rep	s Res	ult Re	eps I	Result	Reps	Result	Reps	Resu	ult Re	ps R	esult	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. 3 Rounds: DB Walking Lunges x10 each DB Row x10																	
BUILD MUSCLE	3 Rounds: DB Floor Press x10 DB Upright Row x10 3 Rounds Hanging Leg Raises x10 Weighted Sit Ups x15																	
SHREDDED	2 Round for tin 50 WallBalls 50 Calorie Bike 50 Burpees 50 Sit-Ups																	

THURSDAY - MAY. 5, 2022

SATURDAY - MAY. 7, 2022																
Workout	Set	1	Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
Workout	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
RECOVERY	- Row or -	Bike x	15 minu	tes at (a recove	ery pac	Ü	·	ssue mo	bilizati	on / mar	nipulat	ion.			
						wwv	v.teamb	ouildr.	com							