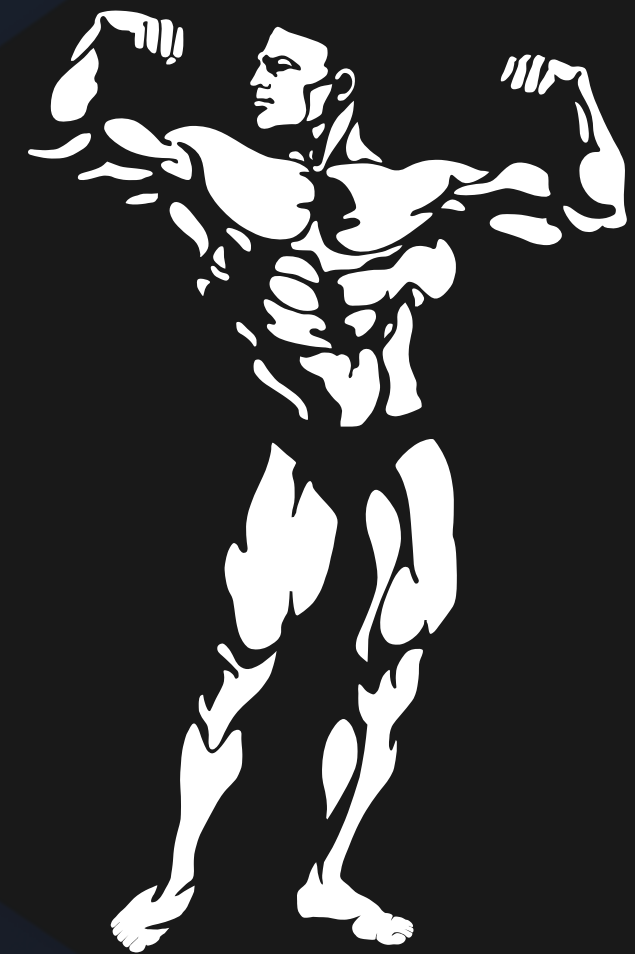


BODYBUILDING PROGRAM

6-Week Plan

Karim Sweidy
Lifting | Nutrition | Triathlon



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01 ABOUT THE PROGRAM

This program provides three different training splits for you to choose from.

If you're a beginner, I recommend starting with the Full Body split as it's the easiest and least demanding.

After three or four weeks on that split, you can progress to the 4-Day or 5-Day splits, and then continue for more than 6 weeks.

3-Day Program: Full Body | Full Body | Full Body

4-Day Program: Push | Pull | Legs | Muscle of Your Choice

5-Day Program:

- **Option 1:** Chest & Triceps | Back & Biceps | Legs & Abs | Shoulders | Arms & Abs
- **Option 2:** Push | Pull | Legs | Upper | Lower

02 WHAT TO AIM FOR

This program introduces beginners to a healthy lifestyle and helps establish a consistent routine while becoming familiar with essential movements and techniques.

It offers variety in workout plans, promoting muscle building and enjoyment.

For intermediate participants, you can increase intensity through advanced techniques like supersets or drop sets to keep challenging your muscles.

These routines are tailored for bodybuilding, emphasizing workouts that push you close to failure. Choose weights that allow you to reach near failure by the end of each set, ensuring the last one or two reps are particularly tough.

When done correctly, the routines should take about an hour or so.

Warm-ups and cool-downs may add a few minutes, but they are crucial for reducing injury risk and enhancing recovery. This program is designed to keep you engaged and progressing on your fitness journey!

03 HOW TO TRACK PROGRESS

When you start the planned routines, you'll need to determine the right weights for yourself.

As a beginner, the first week will be all about testing your limits. Begin with lighter weights and gradually increase them based on how you feel and how your muscles respond. Aim to be one or two reps shy of failure — If you're aiming for 10 reps, you should start to feel the challenge around the 8th rep.

If you're training alone, don't hesitate to ask for help. Clearly communicate your goals to your spotter, so they know when to assist you.

After the first week of testing, it's essential to start tracking your progress. Note the weights and reps you complete, as some will begin to feel easier. You can either increase the weight or add reps; I recommend increasing the weight first. If that feels like too much, adding a few reps with your current weight is fine, but don't stick to it for too long.

Taking pictures every few days can help you track changes in your body over time. While noticeable differences may take longer to appear, staying committed to your plan and nutrition will contribute to your progress.

If you're more experienced, you likely have a sense of your weight range for each exercise. I suggest warming up, testing one or two exercises, and then recording your weights, reps, and progress pictures every few days. Remember to keep your nutrition on point for the best results.

This program is designed to be followed for six weeks, with tables provided for tracking your weights, sets, and reps for each workout, along with space for notes on how you felt during each session.

04 WHAT TO DO IF YOU CAN'T PERFORM

If you come across an exercise that you can't physically perform, please don't hesitate to reach out — I'm here to help!

I can guide you through the mechanics of the exercise or, if needed, adapt the workout to better suit your abilities.

There's no shame in struggling with a particular exercise; there are plenty of alternatives that make working out accessible for everyone.

So, don't worry!

05 ASK FOR ASSISTANCE

Here are a few tips for asking for assistance at the gym:

First, you'll likely need help during chest presses, shoulder presses, or squats. Look for someone who seems knowledgeable, and clearly explain what you're trying to achieve and how many reps you're aiming for.

For squats, you can ask someone to assist by helping you keep your chest up or guiding you back up if you start to lean forward.

When it comes to presses, you'll need to find what works best for you — some prefer help on their elbows, while others like support at the wrists. Experiment to see which feels right.

Lastly, don't hesitate to ask for help! Everyone has needed assistance at some point, and those who are experienced are usually more than willing to offer guidance and tips.

06 THE PROGRAMS

Before we begin, here are some key terms you'll encounter throughout the plans:

- **Dumbbells = DB**
- **Barbell = BB**
- **ROM = Range of Motion**

Exercises listed in the same row are intended to be performed as supersets (see rest times for proper sequencing).

The program is divided into three sections:

- **First Section (Pages 9-13):** 3-Day Split, ideal for beginners and those with busy schedules. This plan covers basic movements efficiently, allowing you to get accustomed without spending excessive time in the gym. I recommend sticking with this split for a few weeks before transitioning to a 4-Day or 5-Day split if your schedule allows.
- **Second Section (Pages 14-23):** 4-Day Split, suitable for everyone. This program follows a Push/Pull/Legs structure, ensuring balanced muscle engagement. The first three days are mandatory, while the fourth day is flexible — you can choose to repeat one of the previous days, which is great for focusing on a specific area. Just make sure to space out similar sessions for adequate recovery.
- **Third Section (Pages 24-45):** 5-Day Split, also for all fitness levels. You have two options: either a Chest & Triceps/Back & Biceps/Legs & Abs/Shoulders/Arms & Abs routine or a Push/Pull/Legs/Upper/Lower routine. The choice is yours!

06 THE PROGRAMS

06.1 3-Day Split - Full Body Workouts

WORKOUT	FOCUS
1	Full Body
2	Full Body
3	Full Body

06.1 3-Day Split - Full Body Workouts

The warm-up and stretching are the same for all 3 days.

Please take them seriously and don't remove them from your routine.

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Leg Swings (Front to Back): 15 per leg x3
- Bodyweight Squats: 15 x3
- High Knees: 30 secs x3

Static Stretching

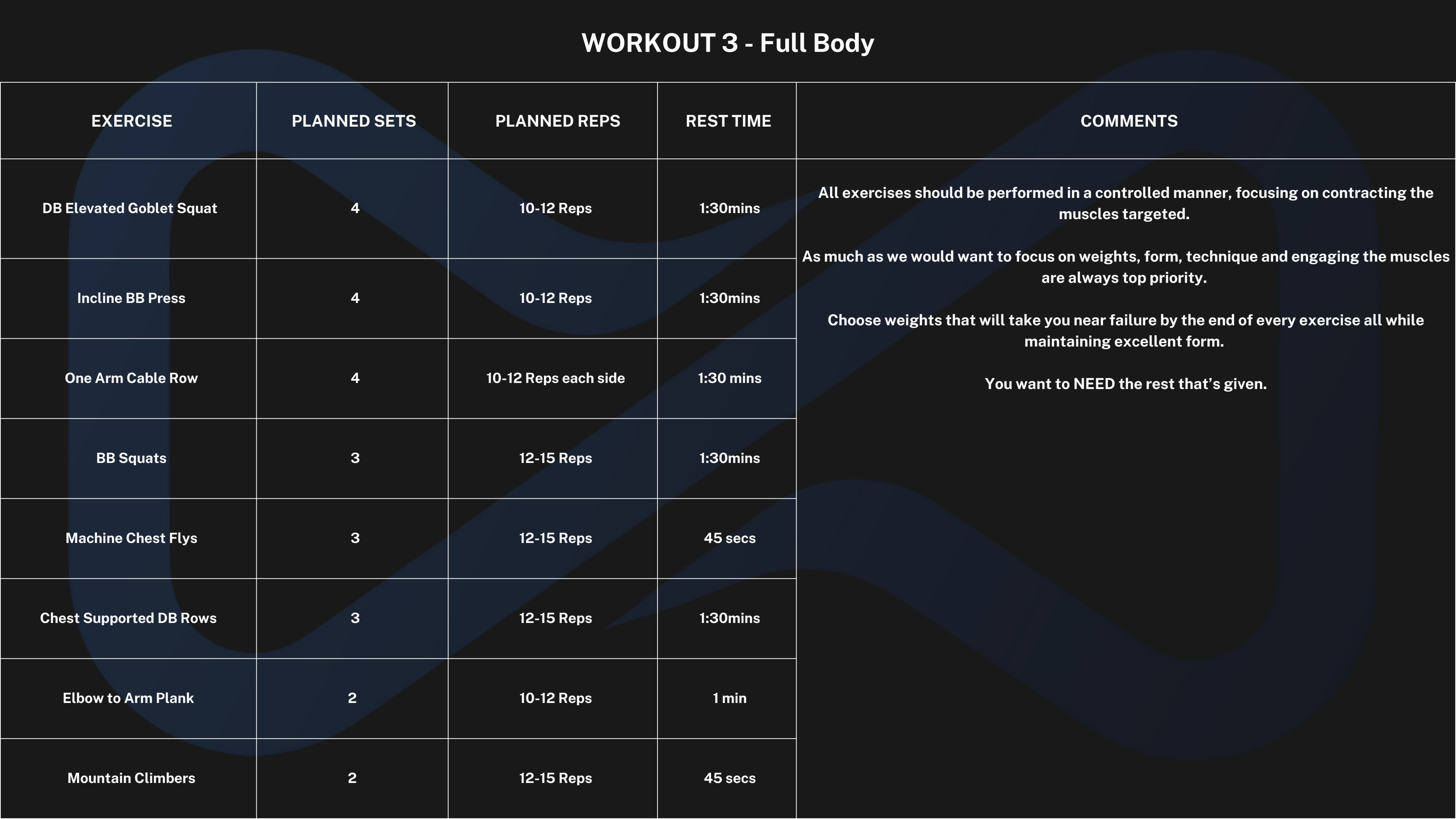
- Wall Straight Arm Stretch - 30 secs per arm.
- Quad Stretch - 30 secs per leg.
- Hamstring Stretch - 30 secs per leg.
- Child's Pose - 45 secs.
- Knee Hug - 45 secs.

Workout 1 - Full Body				
Exercise	Planned Sets	Planned Reps	Rest Time	Comments
Squats	4	10-12 Reps	1:30mins	All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted. As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority. Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form. You want to NEED the rest that's given.
DB Shoulder Press	4	10-12 Reps	1:30mins	
Bent Over Rows	4	10-12 Reps	1:30mins	
Leg Press	3	12-15 Reps	1:30mins	
Incline DB Press	3	10-12 Reps	1:30mins	
Lat Pulldown	3	10-12 Reps	1:30mins	
- DB Curl - DB Lateral Raises - Cable Triceps Pushdown - DB Front Raises	3	12-15 Reps	30 secs between exercises and rounds	



WORKOUT 2 - Full Body

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
DB Split Squats	4	10-12 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given</p>
Flat DB Press	4	10-12 Reps	1:30mins	
Pull-Ups/Assisted Pull-Ups	4	10 Reps	1:30mins	
BB Reverse Lunges	3	12-15 Reps	1:30mins	
Pushups/Kneeling Pushups	3	12-15 Reps	1min	
Seated Close Grip Cable Row	3	12-15 Reps	1:30mins	
<div>- DB Front Press - DB Hammer Curls - Cable Lateral Raises - Rope Pushdowns</div>	3	12-15 Reps	30 secs between exercises and rounds	
<div>- Elbow Side Plank - Elbow Side Plank</div>	2	30-45 secs.	45 secs	



WORKOUT 3 - Full Body

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
DB Elevated Goblet Squat	4	10-12 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Incline BB Press	4	10-12 Reps	1:30mins	
One Arm Cable Row	4	10-12 Reps each side	1:30 mins	
BB Squats	3	12-15 Reps	1:30mins	
Machine Chest Flys	3	12-15 Reps	45 secs	
Chest Supported DB Rows	3	12-15 Reps	1:30mins	
Elbow to Arm Plank	2	10-12 Reps	1 min	
Mountain Climbers	2	12-15 Reps	45 secs	

06.2 4-Day Split - Push/Pull/Legs Workouts

WORKOUT	FOCUS
1	Push
2	Pull
3	Legs
4	Pick your poison from the above

WORKOUT 1 - PUSH (CHEST FOCUSED)

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps stretch - 30 secs per arm
- Child's Pose - 45 secs
- Dead Hangs – 45 secs

Workout 1 - Push (Chest Focused)				
Exercise	Planned Sets	Planned Reps	Rest Time	Comments
Incline DB Press	4	10-12 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Flat Bench Press	4	10-12 Reps	1:30mins	
Machine Chest Flys	4	12-15 Reps	1mins	
DB Shoulder Press	4	12-15 Reps	1:30mins	
- DB Front Press - DB Lateral Raises - DB Front Raises	3	12-15 Reps	30 secs between rounds and exercises	
Cable Pushdown	3	10- 12 Reps	1mins	
Overhead DB Triceps Extensions	4	12-15 Reps	1mins	
Elbow to Arm Planks	2	12-15 Reps	45 secs	

WORKOUT 1 - PUSH (SHOULDER FOCUSED)

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps stretch - 30 secs per arm
- Child's Pose - 45 secs
- Dead Hangs – 45 secs



WORKOUT 1 - Push (Shoulder Focused)

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Seated DB Press	4	10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Seated Lateral Raises	4	12-15 Reps	1:30mins	
DB Front Raises	3	12-15 Reps	1mins	
Incline DB Press	4	12-15 Reps	1:30mins	
- Machine Flys - Pushups	3	12-15 Reps	30secs between rounds and exercises	
Cable Pushdown	3	10- 12 Reps	1mins	
Overhead DB Triceps Extensions	4	12-15 Reps	1mins	
Elbow to Arm Planks	2	12-15 Reps	45 secs	

WORKOUT 2 - PULL

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Kneeling Biceps Stretch - 30 secs.
- Child's Pose - 45 secs
- Dead Hangs – 45 secs

Workout 2 - Pull				
Exercise	Planned Sets	Planned Reps	Rest Time	Comments
Pull-Ups/Assisted Pull-Ups	4	10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that’s given.</p>
Bent-Over BB Rows	4	10-12 Reps	1:30mins	
Chest Supported DB Rows	4	15 Reps	1mins	
- Seated Cable Rows - Cable Pulldowns	3	12-15 Reps	1mins	
- DB Rear Delts Flys - Face Pulls	4	12-15 Reps	30secs between rounds and exercises	
Incline DB Curls	4	10- 12 Reps	1mins	
Cable Rope Hammer Curls	4	12-15 Reps	1mins	
Superman + Holds	3	12-15 Reps	45 secs	

WORKOUT 3 - LEGS

Dynamic Warm-Up

- Leg Swings - 15 per side x3
- Lateral Leg Swings – 15 per side x3
- BW Squats - 15
- BW Lunges - 20 total

Static Stretching

- Quad Stretch - 30 secs per leg
- Hamstring Stretch - 30 secs per leg
- Calf Stretch - 30 secs per leg
- Child's Pose - 45 secs
- Dead Hangs - 45 secs



WORKOUT 3 - Legs

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Hack Squats	4	10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that’s given.</p>
Leg Press	4	10-12 Reps	1:30mins	
Bulgarian Split Squats	4	15 Reps	1:30mins	
Hip Thrusts	4	10-12 Reps	1:30mins	
- Weighted Walking Lunges - Leg Extensions	3	12-15 Reps	45 secs between exercises and rounds	
Leg Curls	3	12-15 Reps	1mins	
Weighted Calf Raises (Full ROM)	4	12-15 Reps	1mins	
Wall Sits Hold	3	30 secs	1mins	

WORKOUT 4 - UP TO YOU

For Workout #4, as previously noted, select one of the workouts shown earlier.

Ensure your choice aligns with the muscle groups you want to target.

Also, allow adequate recovery time between sessions.

If you choose:

- **Push for #4**, follow with Push/Pull/Legs/Push
- **Pull for #4**, follow with Pull/Push/Legs/Pull
- **Legs for #4**, follow with Legs/Push/Pull/Legs

06.3.1 5-Day Split - Chest/Back/Legs/Shoulders/Arms Workouts

WORKOUT	FOCUS
1	Chest & Triceps
2	Back & Biceps
3	Legs & Abs
4	Shoulders
5	Arms & Abs

WORKOUT 1 - CHEST & TRICEPS

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps stretch - 30 secs per arm
- Child's Pose - 45 secs
- Dead Hangs – 45 secs

WORKOUT 1 - Chest & Triceps

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Incline DB Press	4	10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Flat Bench Press	4	10-12 Reps	1:30mins	
- Machine Flys - Pushups/Kneeling Pushups	4	15 Reps 15 Reps	45 secs between exercises and round	
Incline Bench Press	4	10-12 Reps	1:30mins	
- Decline Cable Flys - Incline Cable Flys	3	15 Reps	30 secs between exercises and rounds	
Triceps Dips	4	15 Reps	1mins	
Triceps EZ Bar Cable Extensions	4	10 Reps	1mins	

WORKOUT 2 - BACK & BICEPS

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Kneeling Biceps Stretch - 30 secs.
- Child's Pose - 45 secs
- Dead Hangs – 45 secs



WORKOUT 2 - Back & Biceps

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Pull-Ups / Assisted Pull-Ups (Machine or Bands)	4	8 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Bent-Over Barbell Row	4	10-12 Reps	1:30mins	
- Seated Close Grip Cable Row - Face Pulls	4	15 Reps	45 secs between exercises and round	
Chest Supported T-Bar Row (at a 45-degree angle for the handles)	3	15 Reps	1:30mins	
- Shoulder Width Lat Pulldown - Reverse Grip Lat Pulldown	4	15 Reps	30 secs between exercises and rounds	
EZ Bar Cable Curls (Shoulder Width)	4	15 Reps	1mins	
DB Hammer Curls	4	10 Reps	1mins	

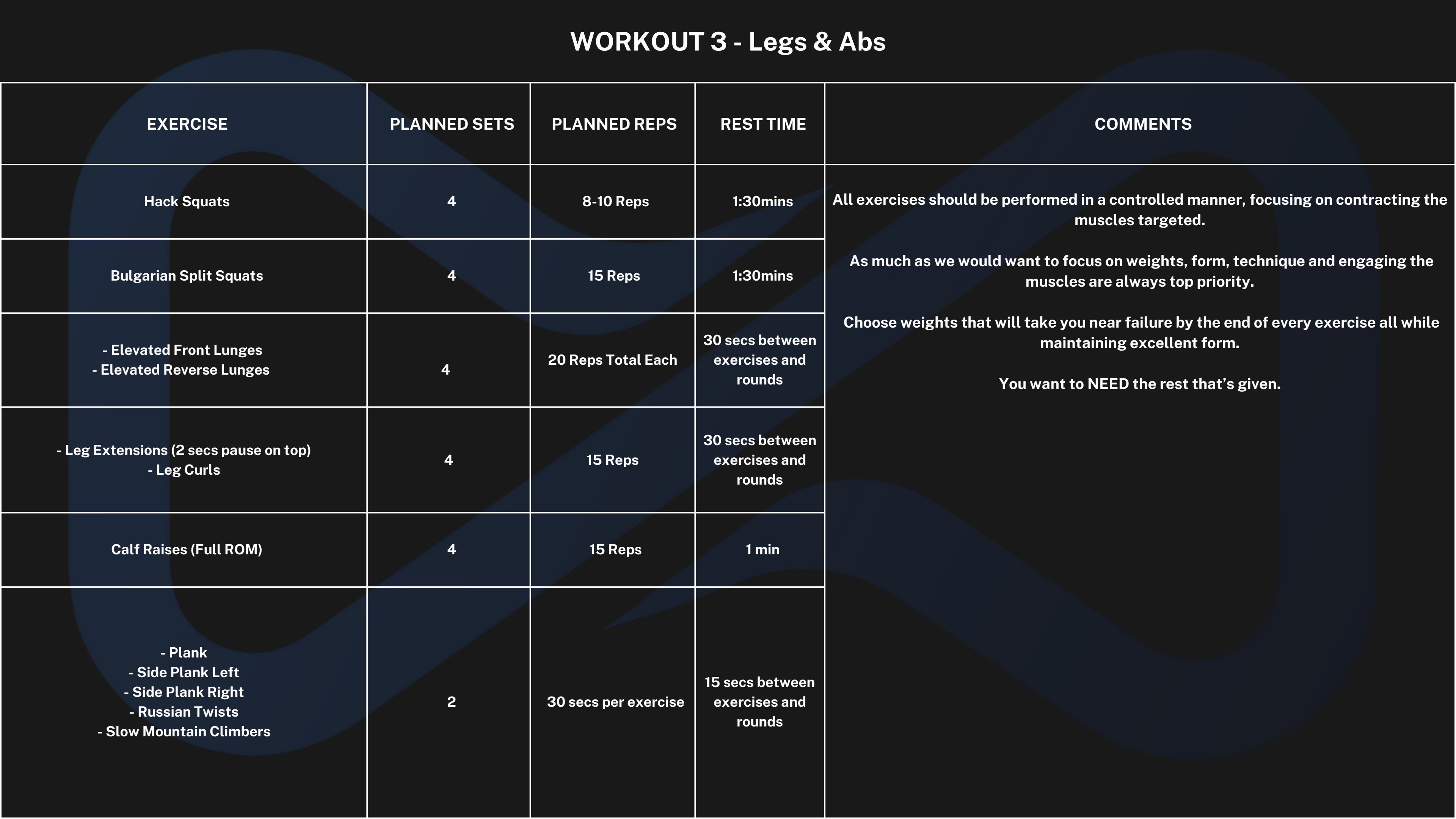
WORKOUT 3 - LEGS & ABS

Dynamic Warm-Up

- Leg Swings - 15 per side x3
- Lateral Leg Swings – 15 per side x3
- BW Squats - 15
- BW Lunges - 20 total

Static Stretching

- Quad Stretch - 30 secs per leg
- Hamstring Stretch - 30 secs per leg
- Calf Stretch - 30 secs per leg
- Child's Pose - 45 secs
- Dead Hangs - 45 secs



WORKOUT 3 - Legs & Abs

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Hack Squats	4	8-10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Bulgarian Split Squats	4	15 Reps	1:30mins	
- Elevated Front Lunges - Elevated Reverse Lunges	4	20 Reps Total Each	30 secs between exercises and rounds	
- Leg Extensions (2 secs pause on top) - Leg Curls	4	15 Reps	30 secs between exercises and rounds	
Calf Raises (Full ROM)	4	15 Reps	1 min	
- Plank - Side Plank Left - Side Plank Right - Russian Twists - Slow Mountain Climbers	2	30 secs per exercise	15 secs between exercises and rounds	

WORKOUT 4 - SHOULDERS

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps stretch - 30 secs per arm
- Child's Pose - 45 secs
- Dead Hangs – 45 secs

WORKOUT 4 - Shoulders				
EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Seated DB Press	4	10-12 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
- DB Front Raises - DB Lateral Raises	4	15 Reps	30 secs between exercises and round	
Arnold DB Press	3	15 Reps	1:30mins	
- DB Front Press - Cable Lateral Raises	4	15 Reps	30 secs between exercises and rounds	
- Face Pulls - Bent Over DB Flys	4	15 Reps	30 secs between exercises and rounds	
DB Shrugs (2 secs pause on top)	4	15 Reps	1:30mins	

WORKOUT 5 - ARMS & ABS

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps stretch - 30 secs per arm
- Kneeling Biceps Stretch - 30 secs.
- Child's Pose - 45 secs
- Dead Hangs – 45 secs

WORKOUT 5 - Arms & Abs

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
<div>- DB Biceps Curls</div> <div>- DB Skull Crushers</div>	4	12-15 Reps	30 secs between exercises and rounds	<div>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</div> <div>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</div> <div>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</div> <div>You want to NEED the rest that’s given.nt to NEED the rest that’s given.</div>
<div>- Cable Rope Hammer Curls</div> <div>- Cable Rope Extensions</div>	4	12-15 Reps	30 secs between exercises and rounds	
<div>- Close Grip EZ Bar Curls (Machine)</div> <div>- Triceps Dips</div>	4	12-15 Reps	30 secs between exercises and rounds	
<div>- Concentration Curls</div> <div>- Overhead Extensions</div>	4	12-15 Reps	30 secs between exercises and rounds	
<div>- Plank</div> <div>- Side Plank Left</div> <div>- Side Plank Right</div> <div>- Russian Twists</div> <div>- Slow Mountain Climbers</div>	2	30 secs per exercise	15 secs between exercises and rounds	

06.3.2 5-Day Split - Push/Pull/Legs/Upper/Lower Workouts

WORKOUT	FOCUS
1	Push
2	Pull
3	Legs & Abs
4	Upper
5	Lower & Abs

WORKOUT 1 - PUSH

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps Stretch - 30 secs per arm
- Child's Pose - 45 secs
- Dead Hangs – 45 secs



WORKOUT 1 - Push

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Incline DB Press	4	10-12 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Flat Bench Press	4	10-12 Reps	1:30mins	
Machine Chest Flys	4	12-15 Reps	1mins	
DB Shoulder Press	4	12-15 Reps	1:30mins	
- DB Front Press - DB Lateral Raises - DB Front Raises	3	12-15 Reps	30secs between rounds and exercises	
Cable Pushdown	3	10- 12 Reps	1mins	
Overhead DB Triceps Extensions	4	12-15 Reps	1mins	
Elbow to Arm Planks	3	12-15 Reps	45 secs	

WORKOUT 1 - PULL

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Kneeling Biceps Stretch - 30 secs
- Child's Pose - 45 secs
- Dead Hangs – 45 secs



WORKOUT 2 - Pull

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Pull-Ups/Assisted Pull-Ups	4	10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
Bent-Over BB Rows	4	10-12 Reps	1:30mins	
Chest Supported DB Rows	4	15 Reps	1mins	
- Seated Cable Rows - Cable Pulldowns	3	12-15 Reps	45 secs between rounds and exercises	
- DB Rear Delts Flys - Face Pulls	4	12-15 Reps	30 secs between rounds and exercises	
Incline DB Curls	4	10- 12 Reps	1mins	
Cable Rope Hammer Curls	4	12-15 Reps	1mins	
Superman + Holds	3	12-15 Reps	45 secs	

WORKOUT 3 - LEGS & ABS

Dynamic Warm-Up

- Leg Swings - 15 per side x3
- Lateral Leg Swings – 15 per side x3
- BW Squats - 15
- BW Lunges - 20 total

Static Stretching

- Quad Stretch - 30 secs per leg
- Hamstring Stretch - 30 secs per leg
- Calf Stretch - 30 secs per leg
- Child's Pose - 45 secs
- Dead Hangs - 45 secs

Workout 3 - Legs & Abs				
Exercise	Planned Sets	Planned Reps	Rest Time	Comments
Hack Squats	4	10 Reps	1:30mins	All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted. As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority. Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form. You want to NEED the rest that's given.
Leg Press	4	10-12 Reps	1:30mins	
Bulgarian Split Squats	4	15 Reps	1:30mins	
Hip Thrusts	4	10-12 Reps	1:30mins	
- Weighted Walking Lunges - Leg Extensions	3	12-15 Reps	45 secs between exercises and rounds	
Leg Curls	3	12-15 Reps	1mins	
Weighted Calf Raises (Full ROM)	4	12-15 Reps	1mins	
- Plank - Side Plank Left - Side Plank Right - Russian Twists - Slow Mountain Climbers	2	30 secs per exercise	15 secs between exercises and rounds	

WORKOUT 4 - UPPER

Dynamic Warm-Up

- Band or Cable External Rotation: 15 per side x3
- Band or Cable Internal Rotation: 15 per side x3
- Arm Circles: 15 per side x3
- Banded Face Pulls: 15 x3

Static Stretching

- Wall Straight Arm Stretch - 30 secs per arm
- Overhead Triceps Stretch - 30 secs per arm
- Kneeling Biceps Stretch - 30 secs
- Child's Pose - 45 secs
- Dead Hangs – 45 secs

WORKOUT 4 - Upper

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
<ul style="list-style-type: none">- Incline DB Press- Bent-Over Barbell Row- DB Lateral Raises	4	10-12 Reps	45 secs between exercises and rounds	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that's given.</p>
<ul style="list-style-type: none">- DB Shoulder Press- Shoulder Width Lat Pulldown- DB Front Raises	4	10-12 Reps	45 secs between exercises and rounds	
<ul style="list-style-type: none">- Pushups- Seated Close Grip Cable Row- Cable Face Pulls	4	10-12 Reps	45 secs between exercises and rounds	
<ul style="list-style-type: none">- Cable EZ Bar Bicep Curls- Cable Rope Extensions- Cable Rope Hammer Curls- Triceps Dips	4	10-12 Reps	45 secs between exercises and rounds	

WORKOUT 3 - LOWER & ABS

Dynamic Warm-Up

- Leg Swings - 15 per side x3
- Lateral Leg Swings – 15 per side x3
- BW Squats - 15
- BW Lunges - 20 total

Static Stretching

- Quad Stretch - 30 secs per leg
- Hamstring Stretch - 30 secs per leg
- Calf Stretch - 30 secs per leg
- Child's Pose - 45 secs
- Dead Hangs - 45 secs



WORKOUT 5 - Lower & Abs

EXERCISE	PLANNED SETS	PLANNED REPS	REST TIME	COMMENTS
Hack Squats	4	8-10 Reps	1:30mins	<p>All exercises should be performed in a controlled manner, focusing on contracting the muscles targeted.</p> <p>As much as we would want to focus on weights, form, technique and engaging the muscles are always top priority.</p> <p>Choose weights that will take you near failure by the end of every exercise all while maintaining excellent form.</p> <p>You want to NEED the rest that’s given.</p>
Bulgarian Split Squats	4	15 Reps	1:30mins	
- Elevated Front Lunges - Elevated Reverse Lunges	3	20 Reps Total Each	30 secs between exercises and rounds	
- Leg Extensions (2 secs pause on top) - Leg Curls	4	15 Reps	30 secs between exercises and rounds	
Calf Raises (Full ROM)	4	15 Reps	1 min	
- Plank - Side Plank Left - Side Plank Right - Russian Twists - Slow Mountain Climbers	2	30 secs per exercise	10 secs between exercises and rounds	