**Lifting:**

**Option 1 - 4 days/week - 2 on, 1 off**

(Example: Monday on, Tuesday on, Wednesday off, Thursday on, Friday on, Saturday/Sunday off)

Perform 3-5 sets of 8-12 reps for each exercise. Rest 60-90 seconds between sets (or up to 2 min if needed)

Instructions:

Perform a general warm up (such as a 5 min bike, row, or run) followed by a specific warm up (such as a light set of the first movement) prior to beginning!

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| Day 1 – Upper (Chest, Tri’s, Shoulders) | Day 2 – Lower (Glute/hamstring focused) | Day 3 – Upper  (Back, Bi’s) | Day 4 – Lower  (Quad focused) | Optional Cardio |
| 1. Bench press 2. Incline DB press 3. Overhead barbell press 4. Lateral raise 5. Cable push downs 6. Skull crushers | 1. Back squat 2. Deadlift 3. Bulgarian split squat 4. Hamstring curl 5. Good morning | 1. Bent-over barbell row 2. Chin up 3. Neutral grip lat pull-downs 4. Barbell curl 5. Preacher curl | 1. Front squat 2. Forward lunge 3. Leg extension 4. DB box step ups (2 DB’s) 5. Standing calf raises | Consider adding steady state cardio and/or HIIT cardio up to 2x per week |

**Option 2 - 3 days/week - 1 on, 1 off**

(Example: Monday on, Tuesday off, Wednesday on, Thursday off, Friday on, Saturday/Sunday off)

Perform 3-5 sets of 8-12 reps for each exercise. Rest 60-90 seconds between sets (or up to 2 min if needed)

Instructions:

Perform a general warm up (such as a 5 min bike, row, or run) followed by a specific warm up (such as a light set of the first movement) prior to beginning!

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| Push | Pull | Legs | Optional Cardio |
| 1. Bench press 2. Incline DB press 3. Overhead barbell press 4. Lateral raise 5. Cable push downs 6. Skull crushers | 1. Bent-over barbell row 2. Chin up 3. Neutral grip lat pull-downs 4. Barbell curl 5. Preacher curl | 1. Back squat 2. Deadlift 3. Bulgarian split squat 4. Hamstring curl 5. Leg extension 6. Standing calf raises | Consider adding steady state cardio and/or HIIT cardio up to 2x per week |

**CrossFit Style Program**

4 days/week – Thursday’s off and Saturday/Sunday’s off

Key:

**AMRAP** – as many rounds/reps as possible – perform the movements in order until the time is up

**EMOM** – every minute on the minute – at the start of each minute, perform the designated movement/reps and rest the remainder of the minute. (i.e. if you finish the reps in 40 seconds, rest 20 seconds and then perform the next movement during the next minute)

**Descending or ascending rep schemes** - Perform each of the movements in superset style completing the first rep amount and moving onto the next rep amount once each of the movements is complete (example: 20-15-10-5 of burpees and air squats means 20 burpees + 20 air squats = 1 set)

**Weights** – weights are listed in parentheses for both men and women.

Examples:

- (185/135) means 185 lb barbell for men and 135 lb barbell for women

- (2x50/2x35) means 2, 50 lb dumbbells for men and 2, 35 lb dumbbells for women

\*\*\***If a weight is too heavy for you, simply choose lighter weights or go un-weighted. Many of these movements can be performed with just bodyweight.**

Instructions:

Perform a general warm up (such as a 5 min bike, row, or run) followed by a specific warm up (such as a light set of the weightlifting piece) prior to beginning!

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| **Week 1** | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Weightlifting** | Back Squat  10, 8, 6, 4,2  (Increasing weight each set) | 20-15-10-5  Burpees  Air squats  45 sec bike or row in between sets | 5x (increasing weight)  1 Strict Press  2 Push Press | **OFF** | Bench Press  5x5 |
| **Metabolic Conditioning** | 5 rounds:  20 sit ups  10 deadlifts (185 for Men/135 for women)  50 jump rope jumps | 15-12-9-6-3  Pull ups  10-8-6-4-2  Barbell front squats | AMRAP 10 min  8 strict leg raises  10 DB deadlift (50 lb for men/35 lb for women)  30 second |

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| **Week 2** | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Weightlifting** | Front Squat  5x3 | 2 Sets  1k bike  12 DB Bench Press (2x50/2x35)  5 deadlift (275/185)  Rest 1 min  5 deadlift (275/185)  12 DB Bench Press (2x50/2x35)  1k bike  (rest 1 min) | Back Squat  3-2-1-1-2-3  (weight is heaviest at 1’s and lightest at 3’s) | **OFF** | 5x5  Push press |
| **Metabolic Conditioning** | AMRAP 15  1:30 row  24 toes to bar (hanging leg raises)  24 DB snatches (1x50/1x35)  1:30 row | 1000m row  45 sit ups  30 goblet squats  15 burpees | 15-12-9-6-3  Pull ups  V ups  Air squats |

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| **Week 3** | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Weightlifting** | Back Squat  3-3-3-3-3 | 35 minute EMOM  1 – :45 sec row  2 – 15 air squat  3 – 100 ft farmers carry (2x50/2x35)  4 - 7 burpees  5 – rest | 3 sets  10 Bench press @65% | **OFF** | 5x5  Deadlift  (Build up to working weight, then same weight across 5 sets) |
| **Metabolic Conditioning** | Every 4 min for 16 minutes  1 min bike  12 DB push press  1 min row  12 burpees | 4x  1 minute of jump rope  1 minute of toes to bar  1 minute of push ups  1 min rest | 5 rounds:  800m run  Rest 1:1 in between rounds |

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| **Week 4** | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Weightlifting** | Front Squat  5x3 | 24 minute EMOM:  1 – 200m run  2 – 3 devil presses (2x50/2x35)  3 – 12 calorie row  4 – 10 toes to bar (or knees to chest) | Back Squat  10, 8, 6, 4,2  (Increasing weight each set) | **OFF** | 5x5  Deadlift  (Build up to working weight, then same weight across 5 sets) |
| **Metabolic Conditioning** | 5 rounds  10 box jumps  15 Russian KB swings  20 (10/leg) weighted walking lunge  50 jump rope | AMRAP 20  5 pull ups  10 push ups  15 air squats | 2k Row |