**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) | 20-15-10-5BurpeesAir 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  | 15-12-9-6-3Pull ups 10-8-6-4-2Barbell 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** | 5x5Push 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 minutes1 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  |