FREQUENCY WORKOUTS

Phase 1 Week 1 Day 1					Phase 1 Week 1 Day 2		
(Monday)					(Tuesday)		
Body Part	Exercise	Sets	Reps	Body Part	Exercise	Sets	Reps
Legs	Squat to Bench Squat	3	10	Legs	Deadlifts	3	15
Legs	Squat Jumps(feet leave ground	3	8	Legs	Glute Bridge with 2 sec hold at top	3	10
Chest	Flat Bench	4	10	Chest	Incline Bench Press	5	5
Tris	Tricep Kick Back	2	20	Tris	Tricep Dips	2	20
Back	Wide Grip Pull up	4	10	Back	Open stand Singe arm row	5	5
Bis	Bicep Curl	2	20	Bis	Hammer Curls	2	10
Shoulders	Front Raise	3	10	Shoulders	Shoulder Press	2	15
Legs	Goblet Squat	3	10	Legs	Lateral Lunge 8 a side	3	16
Abs	Butterfly Crunch	2	25	Abs	Lateral Alt Ankle Reach	3	26
	10 MIN AMRAP				10 MIN AMRAP		
Conditioning	10 Deadlifts 10 Shoulder Press 20 Banded or not Speedskaters			Conditioning	6 Burpees 12 Squat to toes 16 bicycle crunches		
Extra Notes							

Phase 1 Week 1 Day 3				Phase 1 Week 1 Day 4			
(Wednesday)				(Thursday)			
Body Part	Exercise	Sets	Reps	Body Part	Exercise	Sets	Reps
Legs	Split Stance Lunges 8 a side	3	16	Legs	Reverse Lunges 10 each side All Rgt then All Lft	3	10
Legs	Running lunges: Cardio	3	20 sec	Legs	Reverse Lunge to (jump) knee drive all Rgt Then All Ift	3	8
Chest	Close Grip Press	3	12	Chest	Flat Bench	4	10
Tris	OverHead Tricep Press	3	8	Tris	Tricep Push ups	3	10
Back	Chin Up	4	8	Back	Narrow Grip Row	4	8
Bis	Iso Pause at mid point up and down curls	3	10	Bis	Wide Curl	3	10
Shoulders	Lateral Raise	2	20	Shoulders	Front Y Raise	3	10
Legs	BandedWeighted Bridges	3	15	Legs	Squat to Bench Squat	3	10
Abs	Double Leg Drops	3	25	Abs	Plank Shoulder Taps	3	40
	10 MIN AMRAP				10 MIN AMRAP		
Conditioning	10 Plank DB Rows 10 Chest Press 5 Walk outs			Conditioning	10 Deadlifts 10 Dumbbell High Pull 20 Banded(or not) Speedskaters		
Extra Notes				Extra Notes			

Phase 1 Week 1 Day 5				Phase 1 Week 1 Day 6			
Friday)				(Saturday)			
Body Part	Exercise	Sets	Reps	Body Part	Exercise	Sets	Reps
Legs	Deadlifts	3	10	Legs	Split Stance Lunges 8 a side	4	8
Legs	Body Weight Squats	3	10	Legs	Single Leg Deadlift All RGt Then All Lft	4	8
Chest	Alternating Single Arm DB Press	5	5	Chest	Incline Bench Press	3	12
Tris	Tricep Dips	2	20	Tris	Tricep Kick Backs	3	8
Back	Open stand Singe arm row	5	5	Back	Upright Row	3	12
Bis	Hammer Curls	2	10	Bis	Bicep Curls	3	8
Shoulders	Shoulder Press	2	15	Shoulders	Inward facing grip Shoulder Press	2	20
Legs	Alternating Lateral Lunge	3	20	Legs	BandedWeighted Bridges	3	15
Abs	Prayer Crunch	3	25	Abs	Bicycle Crunches	3	30
	10 MIN AMRAP				10 MIN AMRAP		
Conditioning	5 Bentover Rows(Heavy) 10 Push Ups 25 crunches			Conditioning	5 Squats DB loaded 10 Body Weight Squats 15 Jump Squats		

SUNDAY (Day 7) DAY OFF

Week 2

Phase 1 Week 2 Day 1 (Monday)					Phase 1 Week 2 Day 2 (Tuesday)		
Body Part	Exercise	Sets	Reps	Body Part		Sets	Reps
Legs	Squat to Bench Squat	3	10	Legs	Deadlifts	4	8
Legs	Squat Jumps(feet leave ground	3	8	Legs	Squats	4	12
Chest	Flat Bench	3	10	Chest	Incline Bench Press	5	5
Tris	Tricep Kick Back	3	15	Tris	Tricep Dips	3	45 sec
Back	Wide Grip Pull up	3	10	Back	Open stand Singe arm row	5	5
Bis	Bicep Curl(SLOW FOUR COUNT Down)	3	8	Bis	Hammer Curls(Slow 4 count up)	5	5
Shoulders	Front Raise	2	15	Shoulders	Arnold Shoulder Press(3 count up and down)	4	5
Legs	Bench Squat	2	15	Legs	Single Leg Deadlift All RGT then All Lft 10 a side	2	10
Abs	Butterfly Crunch	2	25	Abs	Lateral Alt Ankle Reach	3	40
Conditioning	10 MIN AMRAP 10 Deadlifts 10 Shoulder Press 20 Banded Speedskaters			Conditioning	10 MIN AMRAP 6 Burpees 12 Squat to toes 16 bicycle crunches		
Extra Notes							

Phase 1 Week 2 Day 3				Phase 1 Week 2 Day 4			
(Wednesday)				(Thursday)			
Body Part	Exercise	Sets	Reps	Body Part	Exercise	Sets	Reps
Legs	Split Stance Lunges 8 a side	2	20	Legs	Reverse Lunges 10 each side All Rgt then All Lft	3	10
Legs	Running lunges: Cardio	3	30 sec	Legs	Reverse Lunge to (jump) knee drive all Rgt Then All Ift	3	8
Chest	Close Grip Press	4	8	Chest	Flat Bench	4	10
Tris	OverHead Tricep Press	3	15	Tris	tricep push up	4	10
Back	Chin Up	3	10	Back	Narrow Grip Row	4	8
Bis	Iso Pause at mid point up and down curls	3	10	Bis	Wide Curl(Slow 4 count up)	4	5
Shoulders	Lateral Raise	3	10	Shoulders	Front Y Raise	3	10
Legs	BandedWeighted Bridges	3	20	Legs	Alternating Reverse Lunges	2	20
Abs	Double Leg Drops	3	25	Abs	Plank Shoulder Taps	3	25
Conditioning	10 MIN AMRAP 10 Plank Rows 10 Chest Press 5 Walk outs			Conditioning	10 MIN AMRAP 10 Deadlifts 10 High Pull 20 Banded Speedskaters		
Extra Notes				Extra Notes			

			Phase 1 Week 2 Day 6			
			(Saturday)			
Exercise	Sets	Reps	Body Part	Exercise	Sets	Reps
Deadlifts	3	10	Legs	Split Stance Lunges 8 a side	4	8
Body Weight Squats	3	10	Legs	Single Leg Deadlift All RGt Then All Lft	4	8
Alternating Single Arm DB Press	5	5	Chest	Incline Bench Press	3	12
Tricep Dips	4	12	Tris	Tricep Kick Backs	3	8
Open stand Singe arm row	5	5	Back	Upright Row	3	12
Hammer Curls(4 Slow Count down)	4	8	Bis	Bicep Curls	2	15
Rotational Shoulder Press	3	8	Shoulders	Inward facing grip Shoulder Press	3	10
Lateral Lunge	3	5	Legs	BandedWeighted Bridges	3	15
Prayer Crunch	3	25	Abs	Bicycle Crunches	3	30
10 MIN AMRAP 5 Bentover Rows(Heavy) 10 Push Ups 25 crunches			Conditioning	10 MIN AMRAP 5 Squats 10 Body Weight Squats 15 Jump Squats		
	Deadlifts Body Weight Squats Alternating Single Arm DB Press Tricep Dips Open stand Singe arm row Hammer Curls(4 Slow Count down) Rotational Shoulder Press Lateral Lunge Prayer Crunch 10 MIN AMRAP 5 Bentover Rows(Heavy) 10 Push Ups	Deadlifts 3 Body Weight Squats 3 Alternating Single Arm DB Press 5 Tricep Dips 4 Open stand Singe arm row 5 Hammer Curls (4 Slow Count down) 4 Rotational Shoulder Press 3 Lateral Lunge 3 Prayer Crunch 3 10 MIN AMRAP 5 Bentover Rows (Heavy) 10 Push Ups	Deadlifts 3 10 Body Weight Squats 3 10 Alternating Single Arm DB Press 5 5 Tricep Dips 4 12 Open stand Singe arm row 5 5 Hammer Curls (4 Slow Count down) 4 8 Rotational Shoulder Press 3 8 Lateral Lunge 3 5 Prayer Crunch 3 25 10 MIN AMRAP 5 Bentover Rows (Heavy) 10 Push Ups	Exercise Sets Reps Body Part Deadlifts 3 10 Legs Body Weight Squats 3 10 Legs Alternating Single Arm DB Press Tricep Dips 4 12 Tris Open stand Singe arm row 5 5 Back Hammer Curls (4 Slow Count down) 4 8 Bis Rotational Shoulder Press 10 MIN AMRAP 5 Bentover Rows (Heavy) 10 Push Ups Conditioning	Saturday Exercise Sets Reps Body Part Exercise	Caturday Exercise Sets Reps Body Part Exercise Sets

SUNDAY (Day 7) DAY OFF

PHASE 2 WEEK 1 AND 2 [WEEK 1 REPEATS]

FREQUENCY				FREQUENCY			
Phase 2 Week 1 Day 1 &				Phase 2 Week 1 Day 2 &			
Phase 2 Week 2 Day 1				Phase 2 Week 2 Day 2			
Phase II (Monday)				Phase II (Tuesday)			
Body Part	Exercise	Sets	Reps	Body Part	Exercise	Reps	
Chest	Flat Bench	3	6	Legs - Back	Dead lift	5	5
Chest	incline bench	3	12	Back	Pull up	3	10
Chest	Chest Flys	3	25	Back	Open stand Singe arm row	4	12
Shoulders	Shoulder press	3	8	Bis	Hammer Curls(Slow 4 count up)	4	8
Shoulders	single arm KB press	3	6	Bis	Wide curl	3	5
Tris	Tricep Dips(slow)	3	6	Chest	Single arm Press	3	8
Tris	Tricep extension	3	25	Tris	Skull Crushers	2	20
Bis	Curls	2	10	Shoulder	Arnold Press	3	15
Legs	Sumo Squats	2	10	Legs	Rev Lunge Single leg All Rgt Then All Lft	3	8
Legs	Single Leg Deadlift All RGt Then All Lft	2	10	Legs	Side to Side squats Body weight	3	12
Abs	Butterly Crunches	3	25		Lateral Alt Ankle Reach	3	25(50)
Conditioning	10 MIN AMRAP 10 Deadlifts 10 Gobblet Squats 20 Banded Speedskaters			Conditioning	10 MIN AMRAP 8 Tricep Push ups 8 Front Raise 10 Alt Shoulder Press 50 Plank Knee Strikes		
Extra Notes							

FREQUENCY				FREQUENCY			
Phase 2 Week 1 Day 3 &				Phase 2 Week 1 Day 4			
Phase 2 Week 2 Day 3				Phase 2 Week 2 Day 4			
Phase II Wednesday)	F*	0.4.	D	Phase II (Thursday)	Chest, Shoulders and Triceps	B	
Sody Part	Exercise	Sets	Reps	Exercise	Sets	Reps	
Leg	Squats	3	6	Back	Chin up	3	10
Leg	Romanian Deadlifts	2	8	Legs			
Leg	Siingle Leg Step Ups Do not push off back foot, push fromtop foot to stand. Control the downward to floor No rebounding	2	10	Back	Reverse Flys	3	10
Shoulder	Front Raise	3	10	Back	Bentover Row Palms up	3	8
Shoulder	Lateral Raise	3	10	Bis	Hammar Curls	3	10
Chest	Incline DB Press	3	10	Bis	Wide Curl	2	15
Chest	Incline DB Press	3	10	Bis	Curls	2	10
Tri	Overhead Tricep Extensions	3	25	Chest	Twist Chest Press	3	8
Back	Bentover Rows	2	15	Tri	Close Grip Chest Press	2	20
Bis	2 point Curls. (stop at 90 hold 1 sec pause up and down)	2	12	Shoulder	Rotational Shoulder Press	3	8
Abs	Plank Toe Taps	3	30	Leg	Elevated Split Squat (back leg on bench)	2	15
				Abs	Prayer Crunch	3	40
Conditioning	10 MIN AMRAP 8 push ups 10 Bentover Rows 3 Burpees			Conditioning	10 MIN AMRAP 10 Plank Rows 10 Chest Press 5 Walk outs		

FREQUENCY				
Phase 2 Week 1 Day 5				Phase 2 Week 1 Day 6
Phase 2 Week 2 Day 5				Phase 2 Week 2 Day 6
Phase II (Friday) Exercise	Back, Biceps, Abs and Forearms Sets	Reps		Phase II Saturday) Exercise
Exercise	Sets	Reps		Exercise
Shoulder	Arnold Press	4	15	ĺ
Shoulder	Front Raise	4	15	
Tri	Seated Overhead Tricep Press	3	15	Flexibility and mobility Your choice
Tri	Tricep Extensions IF at gym (tricep cable pull downs)	3	15	
Chest	Incline Chest Press	3	12	
Chest	Single arm Flat bench Chest Press	3	10	
Back	Wide Pull ups	2	10	
Bis	Seated Bicep Curls	2	12	
Leg	Lateral Lunge(all right, then all left)	3	6	
Leg	Squat pulses	3	20 pulses	
Abs	Elbow to Knee Pkank Crunch Not Mtn Climbers. COntrolled	3	20	
Conditioning	10 MIN AMRAP 16 Walking Lunges (weights in each hand) 8 Side to Side Shuffle to Squat (4 a side) 10 Plank Up downs			