

FREQUENCY WORKOUTS

Phase 1 Week 1 Day 1 (Monday)				Phase 1 Week 1 Day 2 (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
Conditioning	10 MIN AMRAP 10 Deadlifts 10 Shoulder Press 20 Banded or not Speedskaters			Conditioning	10 MIN AMRAP 6 Burpees 12 Squat to toes 16 bicycle crunches		
Extra Notes							

Phase 1 Week 1 Day 3 (Wednesday)				Phase 1 Week 1 Day 4 (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 lft	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
Conditioning	10 MIN AMRAP 10 Plank DB Rows 10 Chest Press 5 Walk outs			Conditioning	10 MIN AMRAP 10 Deadlifts 10 Dumbbell High Pull 20 Banded(or not) Speedskaters		
Extra Notes				Extra Notes			

Phase 1 Week 1 Day 5 (Friday)				Phase 1 Week 1 Day 6 (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
Conditioning	10 MIN AMRAP 5 Bentover Rows(Heavy) 10 Push Ups 25 crunches			Conditioning	10 MIN AMRAP 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	Exercise	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 Single 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 (Wednesday)				Phase 1 Week 2 Day 4 (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 lft	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 5				Phase 1 Week 2 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	4	12	Tris	Tricep Kick Backs	3	8
Back	Open stand Singe arm row	5	5	Back	Upright Row	3	12
Bis	Hammer Curls(4 Slow Count down)	4	8	Bis	Bicep Curls	2	15
Shoulders	Rotational Shoulder Press	3	8	Shoulders	Inward facing grip Shoulder Press	3	10
Legs	Lateral Lunge	3	5	Legs	BandedWeighted Bridges	3	15
Abs	Prayer Crunch	3	25	Abs	Bicycle Crunches	3	30
Conditioning	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		

SUNDAY (Day 7) DAY OFF

PHASE 2 WEEK 1 AND 2 [WEEK 1 REPEATS]

FREQUENCY Phase 2 Week 1 Day 1 & Phase 2 Week 2 Day 1				FREQUENCY Phase 2 Week 1 Day 2 & 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 Phase 2 Week 1 Day 3 & Phase 2 Week 2 Day 3				FREQUENCY Phase 2 Week 1 Day 4 & Phase 2 Week 2 Day 4			
Phase II Wednesday)				Phase II (Thursday)			
Body Part	Exercise	Sets	Reps	Exercise	Sets	Reps	
Leg	Squats	3	6	Back	Chin up	3	10
Leg	Staggered Stance Deadlifts	2	8	Legs	Sumo Squats	3	10
Leg	Siingle Leg Step Ups Do not push off back foot, push from top 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 Flys	3	10	Bis	Curls	2	10
Tri	Overhead Tricep Extensions	3	25	Chest	Rotating 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	Romainian Split Squat - 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 2 Day 5				Phase 2 Week 1 Day 6 & Phase 2 Week 2 Day 6
Phase II (Friday)		Back, Biceps, Abs and Forearms		Phase II Saturday)
Exercise	Sets	Reps		Exercise
Shoulder	Arnold Press	4	15	
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			