

Monday: Quads & Calves	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Exercise 1: Bulgarian Split Squats						
Exercise 2: Sissy Squats						
Exercise 3: Abduction						
Exercise 4: Leg Extensions						
Exercise 5: Narrow Goblet Squats						
Exercise 6: Seated Calf/Standing Calf Raise						
Tuesday: Back, Triceps & Core	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Exercise 1: Lat Pulldown (Cable/Machine)						
Exercise 2: Underhand Barbell Row						
Exercise 3: Superman Lat Pulldown						
Exercise 4: Assisted Pull Up Machine						
Exercise 5: Tricep Press Machine						
Exercise 6: Standard Plank						
Wednesday: Glutes & Hamstrings	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Exercise 1: Barbell Glute Bridges						
Exercise 2: Glute Kickback Machine						
Exercise 3: Dumbbell Deadlifts						
Exercise 4: Barbell Goodmornings						
Exercise 5: Machine Adduction						
Exercise 6: Seated Hamstring Curl						
Thursday: Shoulders, Biceps & Core	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Exercise 1: Machine Shoulder Press						
Exercise 2: Bicep Barbell 21s						
Exercise 3: Static/Dynamic Lateral Raises						
Exercise 4: Dumbbell Upright Row						
Exercise 5: Forearm Wheel						
Exercise 6: Mountain Climbers						
Friday Core Work (select 4 or more) - complete 3 sets of 2-30 reps (or 45-60 seconds for timed exercises)						
Forearm Plank	Leg Lifts		Butterfly Sit-up		Half Kneel Wood Chop	
Mountain Climbers	Decline Sit-ups		Roman Chair knee-up		Hip Dip	
Flutter Kicks	Russion Twists		Roman Chair leg-raises		Forearm Side Plank	
Bicycle Crunches	Ab Wheel		Ball Pikes		Ball In/Outs	

Monday: Quads & Calves	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Exercise 1: Bulgarian Split Squats						
Exercise 2: Sissy Squats						
Exercise 3: Abduction						
Exercise 4: Leg Extensions						
Exercise 5: Narrow Goblet Squats						
Exercise 6: Seated Calf/Standing Calf Raise						
Tuesday: Back, Triceps & Core	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Exercise 1: Lat Pulldown (Cable/Machine)						
Exercise 2: Underhand Barbell Row						
Exercise 3: Superman Lat Pulldown						
Exercise 4: Assisted Pull Up Machine						
Exercise 5: Tricep Press Machine						
Exercise 6: Standard Plank						
Wednesday: Glutes & Hamstrings	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Exercise 1: Barbell Glute Bridges						
Exercise 2: Glute Kickback Machine						
Exercise 3: Dumbbell Deadlifts						
Exercise 4: Barbell Goodmornings						
Exercise 5: Machine Adduction						
Exercise 6: Seated Hamstring Curl						
Thursday: Shoulders, Biceps & Core	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Exercise 1: Machine Shoulder Press						
Exercise 2: Bicep Barbell 21s						
Exercise 3: Static/Dynamic Lateral Raises						
Exercise 4: Dumbbell Upright Row						
Exercise 5: Forearm Wheel						
Exercise 6: Mountain Climbers						
Friday Core Work (select 4 or more) - complete 3 sets of 2-30 reps (or 45-60 seconds for timed exercises)						
Forearm Plank	Leg Lifts		Butterfly Sit-up		Half Kneel Wood Chop	
Mountain Climbers	Decline Sit-ups		Roman Chair knee-up		Hip Dip	
Flutter Kicks	Russion Twists		Roman Chair leg-raises		Forearm Side Plank	
Bicycle Crunches	Ab Wheel		Ball Pikes		Ball In/Outs	