

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!

| 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 |
|---|--|---|--|--|
| <ol style="list-style-type: none">1. Bench press2. Incline DB press3. Overhead barbell press4. Lateral raise5. Cable push downs6. Skull crushers | <ol style="list-style-type: none">1. Back squat2. Deadlift3. Bulgarian split squat4. Hamstring curl5. Good morning | <ol style="list-style-type: none">1. Bent-over barbell row2. Chin up3. Neutral grip lat pull-downs4. Barbell curl5. Preacher curl | <ol style="list-style-type: none">1. Front squat2. Forward lunge3. Leg extension4. 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!

| Push | Pull | Legs | Optional Cardio |
|---|---|---|--|
| <ol style="list-style-type: none">1. Bench press2. Incline DB press3. Overhead barbell press4. Lateral raise5. Cable push downs6. Skull crushers | <ol style="list-style-type: none">1. Bent-over barbell row2. Chin up3. Neutral grip lat pull-downs4. Barbell curl5. Preacher curl | <ol style="list-style-type: none">1. Back squat2. Deadlift3. Bulgarian split squat4. Hamstring curl5. Leg extension6. 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!

| 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 |

| Week 2 | | | | | |
|-------------------------------|---|---|---|------------|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Weightlifting | Front Squat 5x3 | 2 Sets 1k bike 12 DB Bench Press (2x50/2x35) | 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 | 5 deadlift (275/185) Rest 1 min 5 deadlift (275/185) 12 DB Bench Press (2x50/2x35) 1k bike (rest 1 min) | 1000m row 45 sit ups 30 goblet squats 15 burpees | | 15-12-9-6-3 Pull ups V ups Air squats |

| 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 |

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 |