

Medium-Sun: Quads, glutes, hams (6-8)

High-Mon: Back, biceps, shoulders (20-30) 5 HIIT battle ropes or ball slams after w.o.

Medium- Tue Glutes, hams , abs (10-20)

Med- Wed: Back, biceps, (10-15)

High-Thurs: Chest, triceps shoulders (10-20), 5 HIIT battle ropes or ball slams after w.o.

Medium- Fri : legs + plyo + abs

Off day diet- Sat: OFF

High- 205 carbs

Med- 165 carbs

Low- 130 carbs

Medium-Sun: Quads, glutes, hams (6-8) heavy

Wk 1

Front squat 5x

Leg press 5x

Straight leg deadlift (bar or kettlebell deficit) 5x

Hip thruster 5x

Wk 2

Back squat 5x

Single legged leg press 5x

Cable kick backs (heavy, pulse at top) + Sumo squat 4x

Add another super set or burnout

Wk 3

Cable squat machine 5x

Alternating steps up with weights 3x

Deadlifts 4x

Smith machine lunges 4x

Kick back machine- burn out 3x

High-Mon: Back, biceps, shoulders (20-30) 5 HIIT battle ropes or ball slams after w.o.

Wk 1:

Pull-ups followed by dead hang

Lat pulldown-wide + BB curl

Cable row- narrow +concentration curl

DB curls

Shoulder press

Lat raise, up right row superset

Handstand holds

Wk 2:

Pull-up hold moving side to side followed by deadhang (hand & fingertips)

Lat pulldown- narrow + DB curls

Cable row- wide + DB preacher curl

Arnold press

Lat raises + Rear delt DB raise

Hand stand holds

Wk 3:

Explosive pull ups followed by dead hang

Bent over BB row, palms up

Standing straight arm push down + DB curls

Cable hammer curls

Preacher curls

Single arm linear jammer

Rear delt on pec fly dec +lat raises

Hand stand holds

Medium- Friday: legs + plyo + abs

Superset: (3 sets)

- Box jumps 3x - TIME-45,55,65 seconds
 - TRX Mountain climber – slow and hold the knee near your chest for 3 count. 3x -TIME-45,55,65
- rest for 60 seconds and repeat this 3 times

Superset: (3 sets)

- Single leg pump steps ups 3x- TIME-30/30,40/40,50/50
 - TRX pistol squats TIME-30/30,40/40,50/50 seconds
- rest for 60 seconds and repeat this 3 times (3 sets)

Superset: (3 sets)

- TRX Speed skater TIME,40/40,50/50, 60/60 seconds
 - Sliding burpee TIME-50,60,70 seconds
- rest for 60 seconds and repeat this 3 times

BURNOUT MOVEMENTS TO FINISH

Do one of the following:

-Jump alt lunge

-Kettle bell swings

Abs- hanging leg raises + _____

Med- thur. Chest, triceps, Shoulders, (10-20) 5 HIIT battle ropes or ball slams after

W.O.

Wk 1:

Shoulder press
Lat raise + rear delts

Incline DB bench + bench dips 3x
Dip machine 3x
Underhand triceps cable push downs 3x

Wk 2:

Arnold press
Lat raises + Rear delt DB raise

BB bench press + skull crushers 3x
Pec fly dec + DB kickbacks 3x
Triceps cable push down-rope 3x

Wk 3

Single arm linear jammer
Rear delt on pec fly dec +lat raises

Flat DB bench + seated overhead triceps ext
DB Flies + triceps cable pushdowns
Seated overhead skull crusher

Med- Tuesday: Glutes, hams , abs (10-20)

Wk 1

Single leg deadlift with kettlebell 4x
Stationary alt lunges + Sumo squat 3x
Lying leg curls 3x
Burn out: Smith machine lunges 3x

Hanging leg raises, swiss ball crunch/ planks

Wk 2

Cable kick backs + side lunges 3x
Hack squat cable machine + Straight leg deadlift 3x
Burnout: Hip thruster 4x

Reverse crunch on bench/floor, V-ups/bicycle crunches

Wk 3

Leg press- feet high and wide 4x
Walking lunges 4x
Single leg hip thruster 4x
Donkey kick machine 4x

Slow mountain climbers, floor crunches with weight

Medium- Wed.: Back, biceps, (10-15)

Wk 1:

Monkey bars 5x through – followed by pullups
Single arm DB row + BB curl
Cable row- narrow +concentration curl
DB curls

Handstand holds

Wk 2:

Monkey bars 5x through, Pull-up hold moving side to side followed by dead hang (hand & fingertips)
Deadlifts
Cable row- wide + DB preacher curl
Concentration curls + ez bar curls
Hand stand holds

Wk 3:

Monkey bars 5x through followed by dead hangs
Bent over BB row, palms down
Standing straight arm push down + DB curls

Chin ups
Cable hammer curls

Hand stand holds

Off day diet- Sat: OFF