

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>LOWER BODY</u> Back Squat Sumo Deadlift Reverse Lunge Romanian Deadlift 1xLoaded Carry	REST	<u>UPPER BODY</u> Flat BB Bench Press Single-Arm DB Row Standing DB PushPress Wide-Grip Pull-Up 1xLoaded Carry	REST	<u>LOWER BODY</u> Front Squat w/Box Conventional Deadlift KB Goblet Squat Barbell Hip Thrust 1xLoaded Carry	<u>UPPER BODY</u> Seated DB Military Press Close-Grip Chin-Up DB Incline Bench Press Bent-Over Barbell Row 1xLoaded Carry	REST

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<u>LOWER BODY</u>	REST	<u>UPPER BODY</u>	REST	<u>LOWER BODY</u>	<u>UPPER BODY</u>	REST

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>LOWER BODY</u>	REST	<u>UPPER BODY</u>	REST	<u>LOWER BODY</u>	<u>UPPER BODY</u>	REST

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>LOWER BODY</u>	REST	<u>UPPER BODY</u>	REST	<u>LOWER BODY</u>	<u>UPPER BODY</u>	REST



\*Choose one exercise from each exercise bank that correlates with the upper and lower body days on the Program Tracking tab.

\*Perform at least two "calibration sets" followed by 3-4 "working sets" for each exercise prescribed.

\*The first upper and lower body workouts of the week utilize a higher rep range (i.e. 10-15 reps) for working sets.

\*On the second upper and lower body workouts of the week, utilize a lower rep range (i.e. 6-8 reps) for working sets.

\*Feel free to add new exercises to the above "exercise bank" based on equipment available, etc.

\*Specific exercises may be utilized up to three weeks in a row before it is necessary to change to another in respective "bank."

\*In working sets, always execute concentric phase of the lift in a controlled yet explosive manner (move weight as fast as you can).

\*Eccentric phase of the lift should be a controlled movement about half the speed of the concentric motion.

# LOWER

## Knee

Back Squat  
Back Squat w/Box  
Front Squat  
Front Squat w/Box  
Overhead BB Squat  
KB Goblet Squat  
Barbell Box Lunge  
Dumbbell Box Lunge  
Reverse BB Lunge  
Reverse DB Lunge  
Walking BB Lunge  
Walking DB Lunge

## Hinge

Sumo Deadlift  
Conventional Deadlift  
Seated Barbell Deadlift  
Seated Dumbbell Deadlift  
Romanian BB Deadlift  
Romanian DB Deadlift  
Sumo Box Deadlift  
Kettlebell Sumo Deadlift  
DB Conventional Deadlift  
Stiff-legged Deadlift  
Kettlebell Swing  
Barbell Good-Morning  
Reverse Hyper

BB: Barbell  
DB: Dumbbell  
KB: Kettlebell

# UPPER

## Horizontal Press

BB Flat Bench Press  
DB Flat Bench Press  
Incline BB Bench Press  
Incline DB Bench Press  
Decline BB Bench Press  
Decline DB Bench Press  
BB Close-Grip Flat Bench  
DB Close-Grip Flat Bench  
BB Wide-Grip Flat Bench  
Barbell JM Press  
Axel Bar Flat Bench  
Axel Bar Close-Grip Bench

## Horizontal Pull

T-Bar Row  
Cable Row  
Bent-Over Barbell Row  
Strict Pendlay Row  
Modified Pendlay Row  
Single-Arm DB Row  
Standing Upright DB Row  
Chest-Support BB Row  
Kettlebell (KB) Row  
Chest Supported DB Row  
Bent-Over Dumbbell Row  
Double-Arm KB Row  
Single-Arm Cable Row

## Vertical Press

Seated BB Press  
Seated Overhead DB Press  
Seated DB Arnold Press  
Seated Single-Arm Press  
Standing Overhead DB Press  
Standing DB Arnold Press  
Standing Single-Arm Press  
Standing BB Press  
Single-Arm KB Press  
Double-Arm KB Press  
BB Pushpress  
DB Pushpress  
KB Pushpress


## Vertical Pull

Pull-Up  
Chin-Up  
Wide-Grip Pull-Up  
Wide-Grip Chin-Up  
Close-Grip Pull-Up  
Close-Grip Chin-Up  
Neutral-Grip Pull-Up  
Weighted Neutral-Grip Pull-Up  
Banded Pull-Up  
Banded Chin-Up  
Banded Neutral-Grip Pull-Up  
Weighted Pull-Up  
Weighted Chin-Up

BB: Barbell  
DB: Dumbbell  
KB: Kettlebell

# LOADED CARRIES

## Loaded Carries



Farmer's Walk  
Suitcase Carry  
Press Carry  
Waiter's Carry  
Sandbag Carry  
Fireman's Carry  
Rucking