

Day 1: LEGS x BACK

**Dynamic Warm Up - 2 x 10*

- Walkouts
- Squat + Calf Raise
- Leg Swings

-STRETCH AS NEEDED-

/// 3 x 8

- Single Leg Hip Thrust

/// 4 x 12-10-8-8

- Squats (Barbell or Goblet-double reps)
- Dead Hang

/// 2 x 10

- Pause Squats (Barbell or Goblet)

/// 4 x 12

- Chest Supported Row (DB or Machine)
- DB RDL

/// 3 x 10-12

- Straight Leg Oblique Crunch (feet elevated)
- Bicep Hammer Curls

/// 3 x 15-20

- Lat Pull Over
- Lunges

/// 2 x amrap

- Chin Ups -or- Inverted Row

-COOL DOWN + STRETCH-

Day 2: **CHEST x SHOULDERS**

**Dynamic Warm Up - 2 x 10*

- Cat Cow
- Thread the Needle
- Scorpion Twist

-STRETCH AS NEEDED-

/// 3 x 8-12

- Chest Flys (Alternating)
- Pushup > DownDog
- Reverse Situp

/// 4 x 12-10-8-8

- Bench Press (Barbell or DB)

/// 3 x 8-12

- Incline DB Twist Press
- Skull Crusher

/// 3 x 12 (pause reps)

- Face Pulls
- Tricep Extension

/// 2 x 10

- Lizard Lunge Rotations
- Side-Kick Thru
- Side Plank Rotations

/// 2 x amrap

- Plank Rocks
- Hang

-COOL DOWN + STRETCH-

Day 3: **BACK x ARMS**

**Dynamic Warm Up - 2 x 10*

- Elbow Circles
- Side Body Bends
- Roll to Toe Touch

-STRETCH AS NEEDED-

/// 4 x 12

- Single Arm Pulldown (Machine or Cable)

/// 4 x 8-12

- Hanging Tuck / Knee Raises
- Seated Rows

/// 4 x 12 (pause reps)

- Lat Pulldown

/// 5 x 10

- Bicep Curl
- Overhead Tricep Extension

/// 4 x 12

- Mid Back Rows
- Incline Bicep Curls

/// 2 x amrap

- DB Bent Over Rows
- Bench Dips + Bridge

-COOL DOWN + STRETCH-

Day 4: ACTIVE REST - Movement + Mobility

Movement 30 minutes	Stretch 30 minutes
↓ Suggestions ↓	
Run / Walk / Bike / Hike	Dynamic Warm Ups
Rower / Stairs / Elliptical	Seated / Lying Stretches
Sports	Holding (1-2 minutes)
Skate	Deep Breathing
Get Outside	Foam Rolling
Light Resistance Training (Focus on weaknesses)	Listen to your body
Yoga Routine	

Day 5: LEGS x CORE x BALANCE

**Dynamic Warm Up - 2 x 10*

- Side Body Bends
- 3 Leg Dog Hip Openers
- Figure 4 Rocks

-STRETCH AS NEEDED-

/// 3 x 10 (pause reps)

- Lunge > Knee Drive

/// 3 x 10

- Single Leg Hip Thrust
- Single Leg RDL
- Straight Leg Oblique Crunch (feet elevated)

/// 3 x 10

- Leg Press (Close Stance)

/// 4 x 12-10-8-8

- Squats (Barbell or Goblet-double reps)
- Dead Hang

/// 2 x 20

- Extended Plank **-For Time**
- Bicycle Crunch
- Cossack Squat

/// 2 x 10-20

- WaterFall Leg Lifts
- Farmers March

-COOL DOWN + STRETCH-

Day 6: CHEST x BACK x ARMS

**Dynamic Warm Up - 2 x 10*

- Walkouts
- Shoulder Cars
- Thread the Needle

-STRETCH AS NEEDED-

/// 3 x 8

- Scap Push Ups (core activation)
- Hanging Tuck / Knee Raises

/// 3 x 8-12

- Lat Pulldown
- Slow Pushup

/// 3 x 12 (pause reps)

- Chest Flys
- Lat Pull Over

/// 4 x 10

- Single Arm DB Rows
- Single Arm DB Incline Press

/// 3 x 15

- Lateral > Front Raise
- Bicep Curls

/// 3 x 12 (pause reps)

- Tricep Extension
- Face Pulls

/// 2 x AMRAP - Push Ups

-COOL DOWN + STRETCH-

Day 7: ACTIVE REST - Movement + Mobility

Movement 30 minutes	Stretch 30 minutes
↓ Suggestions ↓	
Run / Walk / Bike / Hike	Dynamic Warm Ups
Rower / Stairs / Elliptical	Seated / Lying Stretches
Sports	Holding (1-2 minutes)
Skate	Deep Breathing
Get Outside	Foam Rolling
Light Resistance Training (Focus on weaknesses)	Listen to your body
Yoga Routine	