



AESTHETIC

BY UPLIFT FITNESS

LIABILITY AGREEMENT

Uplift Fitness, LLC strongly recommends that you consult with your physician before beginning any exercise program or making any dietary changes or undertaking any other activities described on the website at upliftfitnessohio.com, or from the social media posts made by Uplift Fitness. You need to be in good physical condition to be able to participate in the exercises described in the Uplift Fitness Content including the Uplift Fitness training programs. Specifically, by accepting these terms and proceeding with Uplift Fitness Programs you hereby affirm that you are in good physical condition and do not suffer from any known disability or condition which would prevent or limit your participation in vigorous physical activity including but not limited to: resistance training, body weight calisthenics, cardiovascular training, jumping, running, stretching, etc. You fully understand that you may injure yourself as a result of your enrollment and subsequent participation in any program that Uplift Fitness may recommend and you hereby release Uplift Fitness and its agents from any and all claims or causes of action, known or unknown, now or in the future related to participating in activities or information described in or arising out of Uplift Fitness content. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that you may incur, including death. Uplift Fitness, LLC is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. The information provided by Uplift Fitness, LLC is not intended to be a substitute for professional medical advice, diagnosis or treatment. By continuing signify that have read and agree to the above statements in full.

HOW-TO VIDEOS

CLICK THE EXERCISE NAME TO WATCH

EXERCISE NAME (A-Z)

<u>4 cone push</u>	<u>Bus Drivers</u>	<u>Double Dumbbell Row</u>
<u>Arnold Press</u>	<u>Cable Biceps Curl</u>	<u>Dumbbell Bench Press</u>
<u>Assisted Pull-up</u>	<u>Cable Chop</u>	<u>Dumbbell Chest Fly</u>
<u>Band Pullapart</u>	<u>Cable Cross</u>	<u>Dumbbell Front Raise</u>
<u>Banded W Press</u>	<u>Cable Crunch</u>	<u>Dumbbell Hammer Curl</u>
<u>Barbell Bench Press</u>	<u>Cable Face Pull</u>	<u>Dumbbell Lateral Raise</u>
<u>Barbell Box Squat</u>	<u>Cable Fly</u>	<u>Dumbbell Pullover</u>
<u>Barbell Clean & Press</u>	<u>Cable Lateral Raise</u>	<u>Dumbbell RDL (toe-elevated)</u>
<u>Barbell Curl</u>	<u>Cable Pulldown</u>	<u>Dumbbell Reverse Fly</u>
<u>Barbell Deadlift</u>	<u>Cable Reverse Fly</u>	<u>Dumbbell Row</u>
<u>Barbell Good Morning</u>	<u>Cable Row</u>	<u>Dumbbell Shoulder Press</u>
<u>Barbell Hack Squat</u>	<u>Cable Shoulder Rotation</u>	<u>Dumbbell Shrug</u>
<u>Barbell Pendlay Row</u>	<u>Cable Upright Row</u>	<u>Dumbbell Swing</u>
<u>Barbell Pin Squat</u>	<u>Calf Raise</u>	<u>Farmers Carry</u>
<u>Barbell Preacher Curl</u>	<u>Cat Cow</u>	<u>Forearm Roller</u>
<u>Barbell Rack Pull</u>	<u>Chest Fly and Reverse Fly</u>	<u>Forward Banded Barbell Row</u>
<u>Barbell RDL</u>	<u>Chest Supported Dumbbell Row</u>	<u>Glute Extension</u>
<u>Barbell Reverse Curl</u>	<u>Chest Supported Machine Row</u>	<u>Goblet Squat</u>
<u>Barbell Row</u>	<u>Circus Press</u>	<u>Hanging Leg Raise</u>
<u>Barbell Shoulder Press</u>	<u>Close Grip Pulldown</u>	<u>Hip Abduction</u>
<u>Barbell Shrug</u>	<u>Concentration Curl</u>	<u>Hip Adduction</u>
<u>Barbell Squat</u>	<u>Crucifix Curl</u>	<u>Hyper Extension</u>
<u>Barbell Sumo Deadlift</u>	<u>Crunch</u>	<u>Incline Barbell Press</u>
<u>Barbell Sumo Squat</u>	<u>Deficit Deadlift</u>	<u>Incline Dumbbell Press</u>
<u>Barbell Upright Row</u>	<u>Dip</u>	<u>Incline Dumbbell Chest Fly</u>

HOW-TO VIDEOS

CLICK TO WATCH

EXERCISE NAME (A-Z)

[Inverted Row](#)

[Kneeling Overhead Extension](#)

[Leg Extension](#)

[Leg Raise Bench](#)

[Lunge](#)

[Lying Incline Dumbbell Curl](#)

[Lying Leg Curl](#)

[Lying Reverse Crunch](#)

[Machine Bench Press](#)

[Machine Incline Press](#)

[Machine Leg Press](#)

[Machine Preacher Curl](#)

[Machine Pulldown](#)

[Machine Shoulder Press](#)

[Medicine Ball Twist](#)

[Overhead Extension \(DB\)](#)

[Plate Front Raise](#)

[Push-Up](#)

[Reach Roll Lift](#)

[Rope Cable Hammer Curl](#)

[Rope Cable Triceps Extension](#)

[Side Lying Dumbbell Lateral Raise](#)

[Side Lying Shoulder Rotation](#)

[Single Arm Cable Reverse Fly](#)

[Single Arm Cable Triceps Extension](#)

[Single Arm Dumbbell Preacher Curl](#)

[Single Arm Dumbbell Reverse Fly](#)

[Single Arm Dumbbell Row](#)

[Single Arm Dumbbell Snatch](#)

[Single Arm T-Bar Row](#)

[Single Leg RDL](#)

[Single Leg Squat](#)

[Sissy Squat](#)

[Skullcrusher](#)

[Spyder Curl](#)

[Standing Leg Curl](#)

[Step-Up](#)

[Straight Arm Pulldown](#)

[Suitcase Carry](#)

[T-Bar Row](#)

[Thread the Needle \(With Rotation\)](#)

[Triceps Cable Pushdown](#)

[Twisting Hanging Leg Raise](#)

[V-Up](#)

[Wall Angel](#)

[Windmill \(weighted\)](#)

[Z-Press](#)

[Priming Movements & Abs \(index\)](#)

[All Barbell Movements \(index\)](#)

[All Dumbbell Movements \(index\)](#)

[All Banded Movements \(index\)](#)

[All Cable movements \(index\)](#)

TERMINOLOGY

Warm-up - A movement or exercise you should use to increase your body temperature, warm-up target muscles, and begin focusing on your workout

Prime/Priming Movement- A movement or exercise that should be done with the intent of "priming" muscles that are commonly difficult to connect to. Priming movements are not "stretches" and are not done gingerly. They should be done with intent to engage muscles required.

Tempo - Most repetitions are completed with a self-guided tempo with the understanding that you will be under control. Exercises that come with a tempo prescription are prescribed to increase control, enhance the movement, or target a specific part of the movement.

Tempos are written as four numbers $\#:\#:\#:\#$ which signify the number of seconds to be spent in each phase of an exercise. Every movement has a pause, a lifting/lowering phase, a pause, and a final lifting/lowering phase.

Tempo (Cont.) - For example: 1:2:3:1 for a biceps curl would mean 1 second up or lifting the weight, 2 seconds squeezing at the top, 3 seconds lowering the weight, and 1 second pausing at the bottom before repeating. The first number in the tempo is always a movement phase. Whether that is lowering or lifting depends on the movement.

In the biceps curl example the first number is lifting due to the nature of the movement. For a bench press, the first number would be lowering the weight. Do what is most natural.

Superset - Two exercises performed back to back with no rest in-between. Commonly signified by A1 and A2 or B1 and B2 before each movement. The letter refers to the movement group and the number refers to the order of which the exercises will be completed.

Giant Set - Three or more exercises performed back to back with no rest in-between. Commonly signified by A1, A2, A3, etc. and then B1, B2, B3, etc if another giant set is present during the same workout.

TERMINOLOGY

Muscle Round - To complete a muscle round, pick a weight you can normally do 12 reps with. Perform 4 reps of the given exercise. After those 4 reps, rest 2-3 seconds or 2 deep breathes. Complete an additional 4 reps. Repeat until failure. This constitutes one set of a muscle round.

Focus Day - Every week you will perform 1 focus day to hone in on the areas of your physique you want to bring up. Focus days can be completed at any time during the week. Perform 3-5 sets of 3-5 different exercises (9-15 sets per workout). Follow the rep ranges that are prescribed in the given week. Each focus session should be performed near failure.

Pre-Phase - The first week of this program is optional. We recommend completing the pre-phase if you recently finished an intense program to allow your body to fully recover before beginning.

EXERCISE EXECUTION

There are two pieces to making progress in fitness; your programming and your execution of that program.

This doesn't just mean showing up consistently but also, it means the quality of every single repetition of every set in every workout is what will be the differentiator between more or less progress.

Programming, is your road map. It is essential but, it can be complex. That's why we've done it for you!

Your job is execution. Here's what makes a super high quality rep:

a. Mind Muscle Connection - your ability to contract a muscle against a weight is important. This is not something you should focus on in things like a barbell squat or barbell deadlift. This is, however, a skill that you will utilize during things like a cable row, a biceps curl, or a hip abduction.

b. Stability - more stability means more of the weight you are lifting is passing through the muscle you're training. External stability is provided by things like benches, seats, and handles on machines. Use them when available. Internal stability is created by squeezing the muscles around a joint that is not movement.

For example, during a dumbbell row, one might contract their glutes and use their abdominal muscles to prevent extreme rotation or swinging. During a biceps curl, one would squeeze their back muscles to stabilize their shoulder and use their glutes to hold steady if standing.

c. Having great control over a weight means momentum is not doing any work for you.

PRE PHASE

AESTHETIC

DAY 1

EXERCISE	SETS	REPS	REST
Warm-Up: Barbell Hip Thrust	2	12	1:00
Barbell Hip Thrust	3	12	1:00
Single-Leg Extension	2	20	x
Dumbbell Reverse Fly	3	12-15	1:00
Dumbbell Skullcrusher	2	15	1:00
Side Lying Shoulder Rotation	3	12-20	x

DAY 2

EXERCISE	SETS	REPS	REST
Seated Dumbbell Shoulder Press	2	15	1:00
Arnold Press	3	12	1:00
Wide Grip Cable Row	3	15	1:00
Reverse Cable Cross	2	20	1:00
Rope Hammer Curl	2	15	1:00
Calf Press	4	20	1:00
Plank	2	Failure	1:00

DAY 3

EXERCISE	SETS	REPS	REST
Hyperextensions	3	15	1:00
Dumbbell RDL	2	12	1:00
Hip Adduction	3	15	1:00
hanging Leg Raise	4	12	1:00

WEEKS 1-3

AESTHETIC

DAY 1

EXERCISE	SETS	REPS	REST
Warm-up: Barbell Box Squat	1-2	8-10	1:00
Barbell Squat	6	2-4	2:00-3:00
Single-Leg Squat	4	4-6	1:30-2:00
Leg Extension (4 second negatives)	4	6	1:30
Dumbbell Chest Fly	3	8-10	1:30
Dumbbell Lateral Raise	4	6-8	1:30
Decline Sit-Ups (weighted if needed)	4	10-12	1:30

DAY 2

EXERCISE	SETS:	REPS	REST
Warm-up: Barbell Bench Press	2-4	20-40	1:00
Warm-up: Cable Face Pulls	2-3	12-20	1:00
Barbell Bench Press	5-8	2-4	2:00-3:00
Weighted Dips	4	6-8	2:00-3:00
Dumbbell Pullover	4	6-8	1:30
Chest Supported Reverse Fly	2	8	1:30
Overhead Dumbbell Triceps Extension	4-6	6-8	1:30
Side-Lying Dumbbell Lateral Raise	3	6-8	1:30
Twisting Hanging Leg Raise	3	10-20/side	1:30

WEEKS 1-3

AESTHETIC

DAY 3

EXERCISE	SETS	REPS	REST
Warm-up: Barbell Good Morning	1-2	10-15	1:00
Barbell Deadlift	5-8	2-4	2:00-3:00
T-Bar Row	4	6	1:30-2:00
Cable Crossover	4	8	1:30
Standing Single Leg Curl	2	6-8	1:30
Seated Dumbbell Hammer Curl	5	6-8	1:30
EZ Bar Reverse Curl	3	6-8	1:30
Calf Press	4	6-8	1:30

DAY 4

EXERCISE	SETS:	REPS	REST
Barbell Overhead Press	5-8	1-4	2:00-3:00
Plate Front Raise	2	12	1:00
Wide Grip Cable Pulldown	4	8	2:00
Side Lying Dumbbell Lateral Raise	5	8/arm	2:00
Lying Incline Curl	4	6-8	2:00
Medicine Ball Twist	3	10/side	1:00
Plank	2	1:00-1:30	1:00
Calf Press	4	8	1:00

WEEKS 4-6

AESTHETIC

DAY 1

EXERCISE	SETS	REPS	REST
Sumo Deadlift (Touch-and-Go)	6	10	1:30
Close Stance Barbell Hack Squat or Leg Press	3	12	1:00
Dumbbell Step-Up	3	12/leg	1:00
Machine Row	4	10	1:00
Machine Incline Press	4	12	1:00
Side-Lying Dumbbell Shoulder Rotations	3	15/side	x
Stadning Weighted Calf Raise	3	20	1:00

DAY 2

EXERCISE	SETS	REPS	REST
Incline Dumbbell Bench Press	5-7	12	1:30-2:00
Cable Chest Press or Cable Chest Fly	4	12	1:00-1:30
Close Hand Bench Press	4	12	1:00-1:30
Close Grip Preacher Curl	4	10	1:00
Hip Adduction	3	12	1:00
Lying Leg Raise or Reverse Crunch	3	15-20	0:30-1:00
Calf Press	3	20	1:00

WEEKS 4-6

AESTHETIC

DAY 3

EXERCISE	SETS	REPS	REST
Rack Pulls	6	10-12	1:30
Single Arm Dumbbell Rows	5	12/arm	1:30
Barbell Shrugs	3	10	1:00
machine Reverse Fly	4	12	1:00
Concnetration Curls	5	10	1:00
V-Ups	5	20	0:30

DAY 4

EXERCISE	SETS	REPS	REST
A1: Seated Dumbbell Shoulder Press	6	8-12	x
A2: Bent Over Dumbbell Reverse Fly	6	12	2:00
Single Arm Bent Over Cable Reverse Fly	4	12	1:00
Single Arm Dumbbell Preacher Curl	4	12	1:00
Cable Triceps Pushdown	4	12	1:00
Kneeling Overhead Rope Extension	4	12	1:00
Lying Leg Curl	1	12	x

WEEKS 7-9

AESTHETIC

DAY 1

EXERCISE	SETS	REPS	REST
Prime: Supermans or Swimmers	2	1:00	x
Barbell Front Squat	4-6	15	0:30-1:00
Cannonball Goblet Squat (heels elevated)	3-5	15	0:30-1:00
Dumbbell RDL	3	12	0:30-1:00
Calf Press	4	20	0:30-1:00
Machine Row (DROPSET)	3	12/12	0:30-1:00

DAY 2

EXERCISE	SETS	REPS	REST
Chest Supported DB Row (Tempo = 1:1:2:0)	4	15	0:30-1:00
Single Arm T-Bar Rows	3	20	0:30
Straight Arm Pulldowns	2	20	0:30
Barbell Shrugs	2	20	0:30
Dumbbell Reverse Fly	2	15	0:30
Single Arm DB Preacher Curl (Temp = 1:2:3:1)	4	12-15	0:30
Reverse Cable Curl	2	20	0:30
Medicine Ball Twist (bodyweight)	2	20-30/side	1:00

WEEKS 7-9

AESTHETIC

DAY 3

EXERCISE	SETS	REPS	REST
Dumbbell Bench Press	5	12-15	0:30-1:00
Banded Barbell Bench Press	2	12-15	0:30-1:00
Overhead DB Triceps Extension (Dropset)	3	12/10	1:00
Single Arm Cable Lateral Raise (Dropset)	3	12/10	1:00
Cable Face Pulls	4	15-20	0:30-1:00
Weighted Standing Calf Raise	3	15/leg	1:00
Bodyweight Lunges	2	10/leg	1:00

DAY 4

EXERCISE	SETS	REPS	REST
Seated Dumbbell Shoulder Press (Dropset)	4-5	10/8	1:00
Z-Press	2	12-15	1:00
Dumbbell Pullover	3	15	1:00
A1: Lying Incline DB Curl (Tempo = 1:2:3:1)	5	12-15	x
A2: Lying DB Triceps Extension (Skullcrusher)	5	15	1:00
Hyperextension	3	20	1:00
Wrist Roller	2	1 each way	1:00

WEEK 10 (OVERLOAD)

AESTHETIC

DAY 1

EXERCISE	SETS	REPS	REST
Barbell Deadlift	4	4	0:30-1:00
Barbell Row	4	8	0:30
Weighted Dips	3	6	0:30-1:00
Standing Dumbbell Push Press	3	6	1:00
SkullCrusher	3	6-8	0:30
Dumbbell Lateral Raise	3	8	0:30
Weighted Hyperextension	2	10	1:00
Twisting Hanging Leg Raise	4	15/side	1:30

DAY 2

EXERCISE	SETS	REPS	REST
Barbell Back Squat	4	4-6	0:30-1:00
Weighted Lunges	2	5/leg	1:00
Barbell Bench Press	3	3-4	1:00
Banded Barbell Bench Press	2	10	0:30-1:00
Rope Triceps Extension (Double Dropset)	2	8/8/8	1:00
Calf Press	2	12	1:00

WEEK 10 (OVERLOAD)

AESTHETIC

DAY 3

EXERCISE	SETS	REPS	REST
A1: Incline Dumbbell Bench Press	4	10	x
A2: Dumbbell Lateral Raise	4	10	x
A3: Push-Ups AMRAP	4	0:30	x
A4: EZ Bar Skullcrusher on Incline (1:1:3:0)	4	12	3:00
B1: Chest Supported Dumbbell Rows	4	8-10	x
B2: Wide Grip Cable Rows	4	12	x
B3: Dumbbell Reverse Fly (dropset)	4	8/8	x
B4: Dumbbell Shrug	4	15	3:00
Reverse Crunch	3	15	1:00

WEEKS 11-12

AESTHETIC

DAY 1

EXERCISE	SETS	REPS	REST
Sumo Deadlift - Muscle Rounds	3	4 reps, then 2-	2:00
Pull-Ups (assisted) - Muscle Rounds	3	3 seconds	2:00
Barbell Bench Press - Muscle Rounds	3	rest, then 4	2:00
Wide Grip Barbell Curl - Muscle Rounds	2	reps. Repeat	2:00
Close Grip Bench Press - Muscle Rounds	2	until failure	2:00
Calf Press - Muscle Rounds	2	for one set.	2:00

DAY 2

EXERCISE	SETS	REPS	REST
A1: Leg Press	3	10	x
A2: Leg Extension (Dropset)	3	10/6	1:00
Lying Leg Curl (Dropset)	2	15/10	1:00
B1: machine Chest Fly (Dropset)	3	15/8	x
B2: Dips (Tempo = 3:1:1:0)	3	10	1:00
C1: Bent Over Single Arm Hamer Curl (Dropset)	4	12/8	x
C2: Triceps Pushdown	4	20	1:00
Cable Lateral Raise (Dropset)	3	15/failure	1:00

WEEKS 11-12

AESTHETIC

DAY 3

EXERCISE	SETS	REPS	REST
T-Bar Rows - 4 second negatives	4	6-8	2:00
Barbell or DB Bench Press - 4 sec negatives	4	6	2:00
Lunges - 2 second pauses	2	5/leg	2:00
Farmers Carry	2	40 steps	2:00
Cable Pulldown - 5 second negatives	3	6-8	2:00
Dumbbell Shoulder Press - 3 sec negatives	3	6-8	2:00
Barbell Curl - 5 second negatives	4	4	2:00
Decline Sit-Ups - 3 second negatives	2	12-20	1:00