



UPLIFT ANABOLIC





WELCOME TO UPLIFT ANABOLIC

FOR THE NEXT 12 WEEKS YOU'RE GOING TO EXPERIENCE CHALLENGING WORKOUTS UTILIZING WEEKLY PERIODIZATION AND CUTTING EDGE INTENSITY TECHNIQUES TO KEEP YOU GROWING.

GET READY FOR HIGH VOLUME, HUGE PUMPS, AND ABOVE ALL—THE PHYSIQUE YOU WANT.

HERE ARE FEW THINGS YOU'LL NEED TO KNOW:

PRIMING—WHEN YOU SEE AN EXERCISE THAT SAYS “PRIME:” YOU’LL BE COMPLETING THAT EXERCISE WITH INTENTIONS OF INCREASING MIND MUSCLE CONNECTION TO THE MUSCLES INVOLVED TO SUPPORT A FOLLOWING EXERCISE AND INCREASE STABILITY AND THUS STRENGTH AND PERFORMANCE. DO NOT DO PRIME EXERCISES TO FATIGUE.

WARM-UP—WHEN YOU SEE AN EXERCISE LABELED AS A WARM-UP, YOU’LL WANT TO USE LIGHT WEIGHT AND GO THROUGH A FULL RANGE OF MOTION IN THAT EXERCISE TO INCREASE BLOOD FLOW TO THE TARGET MUSCLES.

MUSCLE ROUNDS—TO COMPLETE A MUSCLE ROUND, PICK A WEIGHT YOU CAN NORMALLY DO 12 REPS WITH. NOW PERFORM 4 REPS OF THE GIVEN EXERCISE. AFTER 4 REPS, REST FOR 5 SECONDS OR 2-3 DEEP BREATHS. COMPLETE AN ADDITIONAL 4 REPS. REPEAT UNTIL FAILURE FOR 1 SET.

YOUR ROLE—THIS TIER 3 PROGRAM WAS CAREFULLY CRAFTED AND TESTED. IT’S YOUR JOB TO FOLLOW SETS, REPS, REST TIMES, AND PRO TIPS CLOSELY. DEVIATING FROM THE PROGRAM MAY IMPACT RESULTS.

#UPLIFTANABOLIC

Liability and Participation 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

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HOW-TO VIDEOS: A—Z

Straight Arm Pulldown	Dumbbell Bench Press	Machine Incline Bench Press	Single Leg Glute Stretch
Arnold Press	Dumbbell Curl	Machine Pulldown	Single Leg Hamstring Curl/Standing
Assisted Dip	Dumbbell Front Raise	Machine Reverse Fly	Hamstring Curl
Assisted Pull-Ups	Dumbbell Hammer Curls	Machine Row	Single Leg Plank Row
Banded Glute Bridge	Dumbbell Lateral Raise	Machine Shoulder Press	Single Leg Squat
Banded W-Press	Dumbbell Pullover	Med Ball Twists	Split Squat
Barbell Curls	Dumbbell RDL	Mountain Climber	Squat Jump
Barbell Good Morning	Dumbbell Reverse Fly	Overhead Barbell Press	Standing Dumbbell Shoulder Press
Barbell Hack Squat	Dumbbell Shrugs	Overhead Triceps Extension	Sumo Deadlift
Barbell Hip Thrust	Dumbbell Step-Ups	Pendlay Rows	Sumo Goblet Squat
Barbell RDL	Dumbbell Swing	Pin Press	Supermans
Barbell Rows	Face Pulls	Plank Reach	Suspended Reverse Crunch
Barbell Squat	Farmers Carry	Prone Cobra	Swimmers
Bird Dog	Flat Barbell Bench Press	Prone Scorpion	T-Bar Row
Box Jumps	Forearm Roller/Wrist Roller	Push-Up into Dumbbell Row	Threading the Needle
Box Squat	Frog Stretch	Rack Pulls	Thrusters
Burpees	Front Squat	Reach Roll Lift	T-Stretch
Cable Crossover/Cable Chest Fly	Glute Extension	Reverse Cable Cross/Reverse Cable Fly	Turkish Get-Up
Cable Curl	Goblet Carry with Dumbbell	Reverse Crunch	Twisting Hanging Leg Raise
Cable Lateral Raise	Goblet Squat	Reverse Cable Curl	V-Ups
Cable Pulldown	Hanging Leg Raise	Rope Hammer Curl/Rope Cable Curl	Wall Circles
Cable Row	Hip Abduction	Rope Triceps Pushdown	Warrior Lunge Stretch
Cannonball Squat	Hip Adduction	Scap Push	Weighted Step-Ups
Cat Cow	Hyperextension	Seated Dumbbell Shoulder Press	Wrestler Bridge
Chest Supported Dumbbell Row	Incline Cable Chest Fly	Side Lying Shoulder Rotation	Z-Press
Chest Supported Reverse Fly	Incline Dumbbell Bench Press	Single Arm Cable Triceps Extension	
Close Grip Barbell Curl	Inverted Row	Single Arm Dumbbell Bench Press	
Concentration Curls	Leg Extension	Single Arm Dumbbell Power Clean & Press	
Cross Body Hip Stretch/T-Stretch	Leg Press	Single Arm Dumbbell Preacher Curl	
Dead Bug Dumbbell Bench Press	Leg Swings	Single Arm Dumbbell Row	
Dead Bugs	Lizard with Rotation	Single Arm Reverse Cable Fly	
Deadlift	Lying Leg Curl	Single Arm Spyder Curl	
Deadman Push-Up	Lying Triceps Extension	Single Arm T-Bar Row	
Deep Squat Isometric	Machine Bench Press	Single Leg 4 Cone Push	
Double Dumbbell Row	Machine Chest Fly	Single Leg Barbell RDL	

**CLICK ON THE NAME OF THE
DESIRED EXERCISE TO VIEW
A DEMONSTRATION**



WEEK 1

DAY 1

Exercise	Sets	Reps	Rest	Notes
Barbell Rows	4	6-8	2:30	Take your team with each rep. Make sure you are using a full and complete range of motion on every one. Take time to re-set after each rep to ensure a quality rep.
Close Grip Pulldowns	4	6-8	2:30	
Barbell Shrugs	2	4-6	2:00	
Flat Barbell Bench Press	4	4-6	2:30	
Cable Fly	2	6-8	1:30-2:00	
Cable Lateral Raise	2	6-8	1:30-2:00	
Side Lying Shoulder Rotations	2	12-15	X	
Forearm Roller	2	1 each way	1:00	

DAY 2



Exercise	Sets	Reps	Rest	Notes
Barbell Hip Thrust	4	6-8	2:30	Pro Tip: Adjust feet inward and push knees out (to form a "V") while lifting toes slightly off of ground during a Barbell Hip Thrust to increase glute activation
Single Leg Press	2	6-8	2:00	
Split Squat	2	6-8	2:00	
Single Leg Lying Hamstring Curl	1-2	8-10	1:30	
Standing Calf Raise (Weighted)	5	10-12	1:30	
A1: Twisting Hanging Leg Raise	3	10-15/side	X	
A2: Plank Reach	3	10/side	X	
A3: Mountain Climber	3	10/side	1:30	



WEEK 1

DAY 3

Exercise	Sets	Reps	Rest	Notes
Warm-Up: Triceps Press Down	2	10-20	1:00	Pro Tip: During Dips , lean forward, tuck chin, and think of shoulder coming apart to increase chest activation.
Warm-Up: Dumbbell Reverse Fly	2	10-20	1:00	
Prime: Face Pull	3	12-15	1:00	
Dips (Weighted)	6	4-6	2:30	
Close Grip Bench Press	3	6-8	2:00	
Single Arm Cable Triceps Extension	2	6-8	2:00	
Rack Pulls	3	4-6	2:30	
Pendlay Rows	3	6-8	2:30	



DAY 4



Exercise	Sets	Reps	Rest	Notes
Barbell Hack Squat	6	4-6	2:30	Pro Tip: During a Barbell Hack Squat stand on the edge of a platform or plate to elevate heels to allow for more knee travel , better balance, and more quad activation.
Dumbbell RDL	3	6-8	2:00	
Leg Extension	3	6-8	2:00	
Calf Press	5	6-8	2:00	
Twisting Decline Sit-Up	5	12/side	1:00	



WEEK 2

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Rows	4	10-12	1:30	
Close Grip Pulldowns	4	10-12	1:30	
Barbell Shrugs	3	10-12	1:00	
Flat Barbell Bench Press	3	8-10	1:30	
Flat Barbell Bench Press - Muscle Round	2	4/4/4/4....	2:00-3:00	
Cable Fly	2	10-12	1:30	
Cable Lateral Raise	2	10-12	1:30	
Side Lying Shoulder Rotations	2	10-12	X	
Forearm Roller	2	1 each way	0:30	



DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hip Thrust	4	10-12	1:30	
Single Leg Press	2	10-12	1:00	
Split Squat	2	10-12	1:30	
Single Leg Lying Hamstring Curl	1-2	10-12	1:00	
Standing Calf Raise (Weighted)	5	12-15	1:00	
A1: Twisting Hanging Leg Raise	3	12-15	X	
A2: Plank Reach	3	10/side	X	
A3: Mountain Climber	3	10/side	1:30	



WEEK 2

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Triceps Press Down	2	10-20	0:30	
Warm-Up: Dumbbell Reverse Fly	2	10-20	0:30	
Prime: Face Pull	3	12-15	0:30	
Dips	6	10-12	1:30	
Close Grip Bench Press	3	8-10	1:00	
Single Arm Cable Triceps Extension	2	10-12	1:00	
Rack Pulls	3	10-12	1:00	
Pendlay Rows	2	10-12	1:00	
Pendlay Rows—Muscle Rounds	3	4/4/4/4....	2:30	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hack Squat	6	10-12	1:30	
Dumbbell RDL	3	10-12	1:30	
Leg Extension	3	8-10	1:00	
Calf Press	5	8-10	1:00	
Twisting Decline Sit-Up	5	12-20	1:00	



WEEK 3

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Rows	4	15-20	1:00	
Close Grip Pulldowns	4	15-20	1:00	
Barbell Shrugs	2	15-20	0:30	
Flat Barbell Bench Press	4	12-15	1:00	
Banded Barbell Bench Press	2	12-15	1:00	
Cable Lateral Raise (DROPSET)	2	12/10	1:00	
Side Lying Shoulder Rotations	2	12-15	X	
Forearm Roller	2	2 each way	0:30	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hip Thrust—TEMPO = 1:2:3:1	4	12-15	1:00	
Single Leg Press	2	12-15	1:00	
Split Squat	2	10-12	0:30	
Single Leg Lying Hamstring Curl	1-2	12-15	0:30	
Standing Calf Raise (Weighted)	5	15-20	0:45	
A1: Twisting Hanging Leg Raise	3	15-20	X	
A2: Plank Reach	3	15/side	X	
A3: Mountain Climber	3	15/side	0:30	



WEEK 3

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Triceps Press Down	2	10-20	0:30	
Warm-Up: Dumbbell Reverse Fly	2	10-20	0:30	
Prime: Face Pull	3	12-15	0:30	
Dips (Weighted)	6	15	1:00	
Close Grip Bench Press	3	15	0:30	
Single Arm Cable Triceps Extension	2	15	0:30	
Rack Pulls	3	15	1:00	
Pendlay Rows	3	15	1:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hack Squat	6	15-20	1:00	
Leg Extension (DROPSET)	2	12/10	1:00	
Dumbbell RDL	3	12-15	1:00	
Calf Press (DROPSET)	5	15/10	0:30	
Twisting Decline Sit-Up	5	AMRAP 0:30	0:30	



WEEK 4

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Single Arm Dumbbell Row	4	6-8	2:30	
Dumbbell Pullover	2	6-8	1:30	
Wide Grip Cable Row	4	6-8	2:00	
Cable Reverse Fly	2	6-8	1:30	
Incline Dumbbell Chest Press	3	6-8	2:00	
Incline Dumbbell Chest Fly	2	8-10	1:30	
Overhead Triceps Extension	2	6-8	1:30	
Dumbbell Hammer Curl	2	6-8	1:30	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Back Squat	5	4-6	2:30	
Lunges	5	6-8	2:00	
Dumbbell Step Ups	2	6-8	2:00	
Calf Press	5-7	6-8	1:30	
Lying Leg Raise	4	10-12	1:00	



WEEK 4

DAY 3

Exercise	Sets	Reps	Rest	Notes
Warm-Up: Dips or Push-ups	1	8-20	X	
Prime: Wide Grip Cable Row	1	15	X	
Prime: Dumbbell Shrugs (LIGHT)	1	15	X	
Incline Dumbbell Bench Press	5	4-6	2:30	
Incline Cable Chest Fly	2	8	2:00	
Arnold Press	2	6-8	2:00	
Pull-Ups (weighted)	4	4-6	2:00	
Single Arm Dumbbell Preacher Curl (Pause Reps)	3	6-8	1:30	
Reverse Curl	2	6-8	1:30	
Overhead Rope Triceps Extension	3	6-8	1:30	

DAY 4

Exercise	Sets	Reps	Rest	Notes
Leg Press	3	4-6	2:30	Make sure both Leg Press exercises are done very slowly and with control.
Hip Abduction	2	8	1:30	
Hip Adduction	2	8	1:30	
Lying Leg Curl	2	6-8	2:00	
Feet Together & Low Leg Press	2	6-8	2:00	
Standing Calf Raise	5	6-8	1:30	
Medicine Ball Twists	5	8-10/side	1:00	



WEEK 5

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Single Arm Dumbbell Row (DROPSET)	5	8/8	2:30	
Dumbbell Pullover	3	10-12	1:30	
Wide Grip Cable Row	2	10-12	2:00	
Cable Reverse Fly	2	8-10	1:30	
Incline Dumbbell Chest Press	3	8-10	2:00	
Incline Dumbbell Chest Fly	2	8-10	1:30	
Overhead Triceps Extension	3	10	1:30	
Dumbbell Hammer Curl	3	10	1:30	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Back Squat	5	8-10	2:00	
Lunges	3	8/leg	1:00	
Split Squat	3	8/leg	1:00	
Calf Press	5-7	10	1:30	
Lying Leg Raise	4	10-12	1:00	



DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Dips or Push-ups	1	8-20	X	
Prime: Wide Grip Cable Row	1	15	X	
Prime: Dumbbell Shrugs (LIGHT)	1	15	X	
Incline Dumbbell Bench Press	5	8-10	2:00	
Incline Cable Chest Fly	2	8-10	1:00	
Arnold Press	2	10-12	1:00	
Pull-Ups (weighted)	4	10-12	1:00	
Single Arm Dumbbell Preacher Curl	3	10-12	1:00	
Reverse Curl	2	10-12	1:00	
Overhead Rope Triceps Extension	3	10-12	1:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Leg Press—Muscle Round	3	4/4/4/4....	2:30	
Hip Abduction	2	10-12	1:00	
Hip Adduction	2	10-12	1:00	
Lying Leg Curl	2	10-12	1:00	
Feet Together & Low Leg Press	2	10-12	1:00	
Standing Calf Raise	5	10-12	1:00	
Medicine Ball Twists	5	10/side	1:00	



WEEK 6

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Single Arm Dumbbell Row (DROPSSET)	4	12/12	1:30	
Dumbbell Pullover	2	15	1:00	
Wide Grip Cable Row	2	15	1:00	
Cable Reverse Fly	2	20	1:00	
Incline Dumbbell Chest Press	3	12	1:00	
Incline Dumbbell Chest Fly	2	12	1:00	
Overhead Triceps Extension	3	15	1:00	
Dumbbell Hammer Curl	3	15	1:00	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Back Squat	3	12-15	1:00	
Lunges	3	10/leg	1:00	
Split Squat	3	10/leg	1:00	
Calf Press	5-7	20	0:30	
Lying Leg Raise	4	20	0:30	



WEEK 6

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Dips or Push-ups	1	8-20	x	
Prime: Wide Grip Cable Row	1	15	X	
Prime: Dumbbell Shrugs (LIGHT)	1	15	X	
Incline Dumbbell Bench Press (Pause Reps)	5	15	1:00	
Incline Cable Chest Fly	2	12-15	1:00	
Arnold Press	2	12-15	1:00	
Pull-Ups (weighted)	4	12-15	1:00	
Single Arm Dumbbell Preacher Curl	3	12-15	1:00	
Reverse Curl	2	12-15	1:00	
Overhead Rope Triceps Extension	3	12-15	1:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Leg Press (DROPSET)	3	12/10	1:00	
Hip Abduction	2	15	1:00	
Hip Adduction	2	15	1:00	
Lying Leg Curl	2	15	1:00	
Feet Together & Low Leg Press	2	12	1:00	
Standing Calf Raise	5	20	1:00	
Medicine Ball Twists	5	15/side	1:00	



WEEK 7

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Face Pulls	2	10-15	1:00	Be sure to use lighter weight than the previous 5 working sets during the 4 min. EMOM. During SA T-Bar Row stand with bar parallel to chest.
Warm-Up: Prone Cobra	4	0:10	0:10	
Flat Barbell Bench Press	5	5	2:30	
Flat Barbell Bench Press EMOM	4	5	X	
Single Arm T-Bar Row (3 sec negative)	4	6	1:00	
Single Arm Spyder Curl	4	8	1:00	
Triceps Press Down (3 second negative)	2	6-8	1:30	
Weighted Decline Sit-Ups	4	8-10	1:00	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Hyperextension	2	8-15	2:00	
Barbell Front Squat	4	4-6	2:00	
Bulgarian Split Squat	3	6	2:00	
Sumo Goblet Squat	3	6	2:00	
Barbell Good Mornings	2	8	2:00	
Single Leg Calf Press	5	8-10	1:00	



WEEK 7

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Barbell Good Morning	2	8-15	2:00	
Conventional Deadlift	5	5	2:00	
Pull-Ups (weighted)	2	6	2:00	
Dumbbell Shrugs	3	6-8	2:00	
Cable Crossover	3	8-10	2:00	
Lying Barbell Triceps Extension	4	4-6	2:00	
Wide Grip Standing Barbell Curl	3	6-8	2:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hip Thrust	5	6-8	2:30	
Weighted Lunges	4	6-8	2:00	
Leg Extension	4	8	2:00	
Single Leg Standing Calf Raise	4	8-10	0:30	
Hanging Leg Raise EMOM	6	20	X	



WEEK 8

DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Face Pulls	2	8-15	1:00	
Warm-Up: Prone Cobra	4	0:10	0:10	
Flat Barbell Bench Press	5	12	1:00	
Flat Barbell Bench Press EMOM	4	12	X	
Single Arm T-Bar Row	4	10	1:00	
Single Arm Spyder Curl	4	12	1:00	
Triceps Press Down (3 second negative)	2	10	1:00	
Weighted Decline Sit-Ups	4	10	1:00	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Hyperextension	2	8-15	1:00	
Barbell Front Squat	4	10	1:00	
Bulgarian Split Squat	4	10	1:00	
Sumo Goblet Squat	3	12	1:00	
Barbell Good Mornings	2	10	1:00	
Single Leg Calf Press	5	12	1:00	



WEEK 8

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Barbell Good Morning	2	8-15	1:00	
Conventional Deadlift	5	8	1:00	
Pull-Ups	2	10	1:00	
Dumbbell Shrugs	3	12	1:00	
Cable Crossover	3	12	1:00	
Lying Barbell Triceps Extension	4	8-10	1:00	
Wide Grip Standing Barbell Curl	3	8-10	1:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hip Thrust	4	12	1:00	
Weighted Lunges	4	10/leg	1:00	
Leg Extension	4	12	1:00	
Single Leg Standing Calf Raise	4	12	1:00	
Hanging Leg Raise EMOM	6	20	X	



DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Face Pulls	2	8-15	1:00	
Warm-Up: Prone Cobra	4	0:10	0:10	
Flat Barbell Bench Press	5	15	0:30-0:45	
Banded Flat Barbell Bench Press EMOM	4	15	X	
Single Arm T-Bar Row	4	15	0:30	
Single Arm Spyder Curl—DROPSET	4	15/10	1:00	
Triceps Press Down	3	20	0:30	
Bicycle Crunch	4	20/leg	1:00	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Hyperextension	2	8-15	1:00	
Barbell Front Squat	4	15	1:00	
Bulgarian Split Squat	3	12	0:30	
Sumo Goblet Squat	3	20	0:30	
Barbell Good Mornings	2	15	1:00	
Single Leg Calf Press	5	20	0:30	



DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Warm-Up: Barbell Good Morning	2	8-15	1:00	
Barbell Rows	5	15-20	0:45-1:00	
Pull-Ups EMOM	4	12	X	
Dumbbell Shrugs	3	20	0:30	
Cable Crossover	2	20	0:30	
Lying Barbell Triceps Extension	4	20	0:30	
Wide Grip Standing Barbell Curl— DROPSET	3	15/15	1:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Hip Thrust	4	15	0:30	
Single Leg Squat	3	15/leg	1:00	
Leg Extension—DROPSET	4	15/10	1:00	
Single Leg Standing Calf Raise	4	20	X	
Hanging Leg Raise EMOM	6	20	X	



DAY 1

Exercise	Sets	Reps	Rest	Notes
Prime: Dumbbell Shrugs	2	20	1:00	Pro Tip: During Seated Dumbbell Shoulder Press drive feet hard into the floor at the bottom of each rep to generate more force.
Warm-Up: Flat Dumbbell Chest Fly	1	15	1:00	
Flat Dumbbell Bench Press	6	8, 6, 4, 3, 3, 5	2:30	
Seated Dumbbell Shoulder Press	3	6, 4, 3	2:30	
Seated Dumbbell Lateral Raise	3	8	1:30	
A1: Single Arm Dumbbell Row	3	6-8	X	
A2: Lat Pulldown	3	10	2:00	
Cable Curl—4 second negative	3	6	1:30	

DAY 2



Exercise	Sets	Reps	Rest	Notes
Prime: Lying Leg Curls	1	10	X	Pro Tip: Before each Barbell RDL make sure to take a moment to fully reset, correct posture, and stabilize before continuing with the next rep with full control.
Prime: Hip Abduction	1	10	X	
Barbell RDL	4	4-6	2:30	
Single Leg Squat	3	6	2:00	
Leg Extension	2	8	2:00	
Cannonball Squats—4 sec negatives	2	6	2:00	
Single Leg Standing Calf Raise (Toe Elevated)	5	6	1:00	
Sit-Ups—Rest Pause	1	100	x	



WEEK 10

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Prime: Barbell Good Mornings	2	10	1:00	
Warm-Up: Barbell Rows	2	10-12	1:00	
Barbell Deadlift	6	6, 4, 2, 2, 2, 2	3:00	
Dumbbell Pullover	2	10	2:00	
Close Grip Cable Row	3	6-8	2:00	
Dips (Weighted)	3	6-8	1:30	
Cable Lateral Raise	3	6-8	1:30	
Cable Reverse Fly	4	8	1:30	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Back Squat	6	5,3, 2, 2, 3, 5	2:30	
Feet Together Leg Press—5 sec negatives	3	6-8	2:00	
Heel Elevated Cannonball Squat— Rest Pause (0:05-0:10)	2	6/5/4/4/2	2:30	
Walking Dumbbell Lunges	4	5/leg	3:00	
Calf Press—2 second negatives	5	5	2:00	
Lying Reverse Crunch	4	20	1:00	
Prone Cobra	5	0:15	0:05	



DAY 1

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Prime: Dumbbell Shrugs	2	20	1:00	
Warm-Up: Flat Dumbbell Chest Fly	1	15	X	
Flat Dumbbell Bench Press	6	12	1:00	
A1: Seated Dumbbell Shoulder Press	3	12	X	
A2: Seated Dumbbell Lateral Raise	3	12	1:30	
A1: Single Arm Dumbbell Row	3	8	X	
A2: Lat Pulldown	3	12	1:30	
Cable Curl—2second negative	3	12	X	

DAY 2

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Prime: Lying Leg Curls	1	15	X	
Prime: Hip Abduction	1	15	X	
Barbell RDL—Pause Reps	4	12	1:30	
Single Leg Squat	3	10/leg	1:00	
Leg Extension	2	8-10	1:00	
Cannonball Squats—4 sec negatives	2	10	1:00	
Single Leg Standing Calf Raise (Toe Elevated)	5	12	1:00	
Sit-Ups—Rest Pause	1	100	X	



DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Prime: Barbell Good Mornings	2	10	1:00	
Warm-Up: Barbell Rows	2	10	1:00	
Barbell Deadlift	6	8-10	1:30	
Dumbbell Pullover	2	12	1:00	
Close Grip Cable Row	3	12	1:00	
Dips (Weighted)	3	10	1:00	
Cable Lateral Raise—DROPSET	3	10/8	1:30	
Cable Reverse Fly	4	12	1:00	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Barbell Back Squat	4	12	1:00	
Feet Together Leg Press	3	12	1:00	
Heel Elevated Cannonball Squat— Rest Pause (0:05-0:10)	3	12/8/6	1:00	
Walking Dumbbell Lunges	4	10/leg	1:00	
Calf Press—2 second negatives	5	10	1:00	
Lying Reverse Crunch	4	15	1:00	
Prone Cobra	5	0:15	0:05	



DAY 1

Exercise	Sets	Reps	Rest	Notes
Prime: Dumbbell Shrugs	2	20	1:00	
Warm-Up: Flat Dumbbell Chest Fly	1	15	X	
Flat Dumbbell Bench Press—Pause Reps	6	15	0:30	
Seated Dumbbell Shoulder Press—DROPSSET	3	12/12	1:00	
Dumbbell Reverse Fly	3	20	1:00	
Single Arm Dumbbell Row	3	15	0:30	
Rope Triceps Pushdown	3	20	0:30	
Cable Curl—2 second negative	3	15	0:30	

DAY 2

Exercise	Sets	Reps	Rest	Notes
Prime: Lying Leg Curls	1	15	1:00	Pro Tip: During Barbell RDL the rest of 0:10 between every 4 reps will allow you to use a heavier weight than you usually could for 20 reps.
Prime: Hip Abduction	1	15	1:00	
Barbell RDL—rest pause for 0:10	4	4/4/4/4/4	1:00	
Single Leg Squat	3	20	0:30	
Leg Extension	2	20	0:30	
Cannonball Squats—4 sec negatives	2	20	0:30	
Single Leg Standing Calf Raise (Toe Elevated)	5	20	0:30	
Sit-Ups—Rest Pause	1	100	X	



WEEK 12

DAY 3

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
Prime: Barbell Good Mornings	2	10	1:00	
Warm-Up: Barbell Rows	2	10	1:00	
T-Bar Rows	6	15-20	0:45	
Close Grip Cable Row	3	15	0:30	
Dips	3	15-20	0:30	
Cable Lateral Raise	3	20	0:30	
Cable Reverse Fly	4	20	0:30	
Overhead Triceps Extension	4	20	0:45	

DAY 4

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>	<i>Notes</i>
A1: Barbell Back Squat	3	20	X	
A2: Leg Extensions	3	10	0:45	
Heel Elevated Cannonball Squat	2	20	0:45	
Walking Lunges	4	15/leg	0:45	
Calf Press	5	20	0:45	
Lying Reverse Crunch	4	20	0:45	
Prone Cobra	5	0:15	0:05	