



# **METABOLIC**

**BY UPLIFT FITNESS**

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# HOW-TO VIDEOS

CLICK THE EXERCISE NAME TO WATCH

## EXERCISE NAME (A-Z)

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

# HOW-TO VIDEOS

CLICK TO WATCH

## EXERCISE NAME (A-Z)

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[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.

# 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.

# WEEKS 1-3

METABOLIC

## DAY 1 - LOWER STRENGTH

EXERCISE	SETS	REPS	REST
Barbell RDL	5	5	2:00
Single Leg Squat	4	8/leg	1:00
Leg Extension	3	6	1:00
Lunges to Failure	2	Failure	2:00
Calf Press	3	10	1:00
Weighted Decline Sit-Up	4	8	1:00
Treadmill Walk @ Fast Pace - 7-9% incline	1	12:00	x

## DAY 2 - UPPER STRENGTH

EXERCISE	SETS	REPS	REST
Incline Dumbbell Bench Press	4	6	2:00
Push-Ups to Failure	2	Failure	1:00
Dumbbell Pullover	3	12	1:00
Single Arm Dumbbell Row	4	6	2:00
Barbell Curl - 3 second negatives	4	4-6	2:00
Overhead Dumbbell Triceps Extension	2	6	2:00
Dumbbell Front Raise - 3 second negatives	2	8	1:00

# WEEKS 1-3

METABOLIC

## DAY 3 - LOWER HYPERTROPHY

EXERCISE	SETS	REPS	REST
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Barbell Hip Thrust	3	10	1:00
Heel Elevated Goblet Squat	3	10	1:00
Single Leg Leg Extension	3	10-12	1:00
Leg Press (feet together)	3	10-12	1:00
Calf Press	3	10	1:00
Med Ball Twist	3	10	1:00
Bike Intervals - 0:30 ON & 1:00 OFF	5	1	x

-ON = moderate resistance at 120RPM

- OFF = low resistance at 60RPM

## DAY 4 - UPPER HYPERTROPHY

EXERCISE	SETS:	REPS	REST
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Barbell Bench Press	3	8	1:00-1:30
Barbell Bench Press (Double Dropset)	1	6+6+Max	x
Underhand Barbell Row	4	10-12	1:00-1:30
Side Lying DB Lateral Raise (Dropset)	2-3	8+8	1:00
Lying Incline DB Curl (Dropset)	3	6+6	1:00
Overhead Cable Triceps Extension	3	10	1:00
Barbell Shrugs	2	12	1:00



# WEEKS 4-6

METABOLIC

## DAY 1 - LOWER STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Sumo Squat - 4 second negatives	4	4-6	2:00
Leg Press - 4 second negatives	4	6-8	2:00
Lying Leg Curl	3	6-8	1:00
Hip Abduction	3	8	1:00
Weighted Standing Calf Raise	3	6	1:00
Hanging Leg Raise - 5 second negatives	4	8-10	1:00
Treadmill Walk @ Fast Pace - 7-9% incline	1	12:00	x

## DAY 2 - UPPER STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Overhead Press	5	4	2:00
Barbell Deadlift	4	4	2:00-3:00
Single Arm Dumbbell Row	4	6	2:00
Cable Hammer Curl - TEMPO: 1:3:4:2	4	5	2:00
EZ Bar Skullcrusher	4	5	2:00
Single Arm Cable Triceps Extension	2	20	1:00

# WEEKS 4-6

## METABOLIC

### DAY 3 - LOWER HYPERTROPHY

EXERCISE	SETS	REPS	REST
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Weighted Lunges	4	10/leg	1:00
Leg Extension (no rest at bottom)	4	20	1:00
Step-Ups (don't break tension)	4	8/leg	1:00
Hyperextension or Reverse Hyper	2	12	1:00
Calf Press	4	12-15	1:00
Med Ball Twist	4	15/side	1:00
Bike Intervals - 0:30 ON & 1:00 OFF	6	1	x

-ON = moderate resistance at 120RPM

- OFF = low resistance at 60RPM

### DAY 4 - UPPER HYPERTROPHY

EXERCISE	SETS:	REPS	REST
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A1: Close Grip Pulldown - 3 sec squeezes	4	10	xx
A2: Banded Pull apart	4	15-20	1:30
Rack Pull	3	15	1:00-1:30
incline Dumbbell Bench Press	3	10-12	1:00
Concentration Curl (Dropset)	3	12+10	1:00
EZ Bar Drag Curl - 5 second negatives	2	8	1:00
Tricep Cable Pushdowns - 2 second squeezes	4	12	1:00
Dumbbell Shrugs	2	12	1:00

# WEEKS 7-9

METABOLIC

## DAY 1 - LOWER STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Sumo Deadlift - 5 second negatives	4	4-6	2:00
Goblet Squat - 5 second negatives	4	4-6	2:00
Sissy Squat	3	4-6	1:00
Hip Abduction	3	8	1:00
Calf Press	3	6	1:00
Plank	3	1:00	1:00
Treadmill Walk @ Fast Pace - 5-7% incline	1	12:00	x

## DAY 2 - UPPER STRENGTH

EXERCISE	SETS	REPS	REST
Flat Dumbbell Bench Press	4	4-6	2:00
Barbell Row	4	6-8	2:00
Farmers Carry	2	30 steps	2:00
Preacher Curl - 5 second negatives	4	6	2:00
Overhead Dumbbell Triceps Extension	4	6	2:00
Sit-Ups	3	20	1:00

# WEEKS 7-9

METABOLIC

## DAY 3 - LOWER HYPERTROPHY

EXERCISE	SETS	REPS	REST
Barbell Squat	6	8-10	1:00
Wide Stance Leg Press	3	12	1:00
Lying LegCurl	4	12-15	1:00
Glute Bridge Holds	3	Failure	1:00
Single Leg Standing Calf Raise	3	8-10	1:00
Hip Adduction	2	10	1:00
Bike Intervals - 0:30 ON & 1:00 OFF	1	4	x

-ON = moderate resistance at 100-120RPM

- OFF = low resistance at 60RPM

## DAY 4 - UPPER HYPERTROPHY

EXERCISE	SETS:	REPS	REST
Banded Barbell Bench Press	4	10	xx
Machine Chest Fly	3	15-20	1:30
Close Grip Pulldown	3	15	1:00-1:30
Single Arm Dumbbell Reverse Fly	3	20	1:00
Overhand Band Pullapart (Anchor on rack)	3	Failure	1:00
Lying Incline Dumbbell Curl - 1:3:3:1	2	10	1:00
Rope Cable Hammer Curl - 4 sec squeezes	4	12	1:00
Close Grip EZ Bar Bench Press	2	20	1:00

# WEEKS 10-12

METABOLIC

## DAY 1 - LOWER STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Front Squat	5	6,4,4,3,3,2	2:00
Reverse Nordic Curl Isometrics - Max Hold	3	1	1:00
Straight Leg Deadlift	4	6,4,3,3	2:00
Hip Adduction	3	8	1:00
Standing Weighted Single Leg Calf Raise	4	6	1:00
Plank	3	MAX	1:00
Treadmill Walk @ Fast Pace - 7-9% incline	1	12:00	x

## DAY 2 - UPPER STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Bench Press Pause Reps	5	3	2:00
Cable Row (Dropset // larger drop than norm)	4	6 + 12	2:00
Rack Pull	4	4	2:00
Single Arm Dumbbell Preacher Curl	4	5	2:00
Lying Barbell Triceps Extension	4	4	2:00
Weighted Sit-Ups	3	8	1:00

# WEEKS 10-12

METABOLIC

## DAY 3 - LOWER HYPERTROPHY

EXERCISE	SETS	REPS	REST
Barbell Squat	4	15	1:00
Close Stance Leg Press	3	12	1:00
Lying Leg Curl	4	20	0:30
Glute Bridge Holds	3	Failure	1:00
Single Leg Standing Calf Raise	3	20	1:00
Hip Adduction	2	10	1:00
Bike Intervals - 0:30 ON & 1:00 OFF	6	1	x

-ON = moderate resistance at 120RPM

- OFF = low resistance at 60RPM

## DAY 4 - UPPER HYPERTROPHY

EXERCISE	SETS:	REPS	REST
Cable Pulldown Double Dropset	3	8+6+6	2:00
A1: Arnold Press	3	10	x
A2: Plate Front Raise	3	12	x
A3: Drag Curl	3	12	1:00
Dumbbell Lateral Raise Double Dropset	2	10+10+MAX	2:00
Dips 5:1:1:0	4	Failure	1:30
Reverse Crunch	4	Failure	1:00