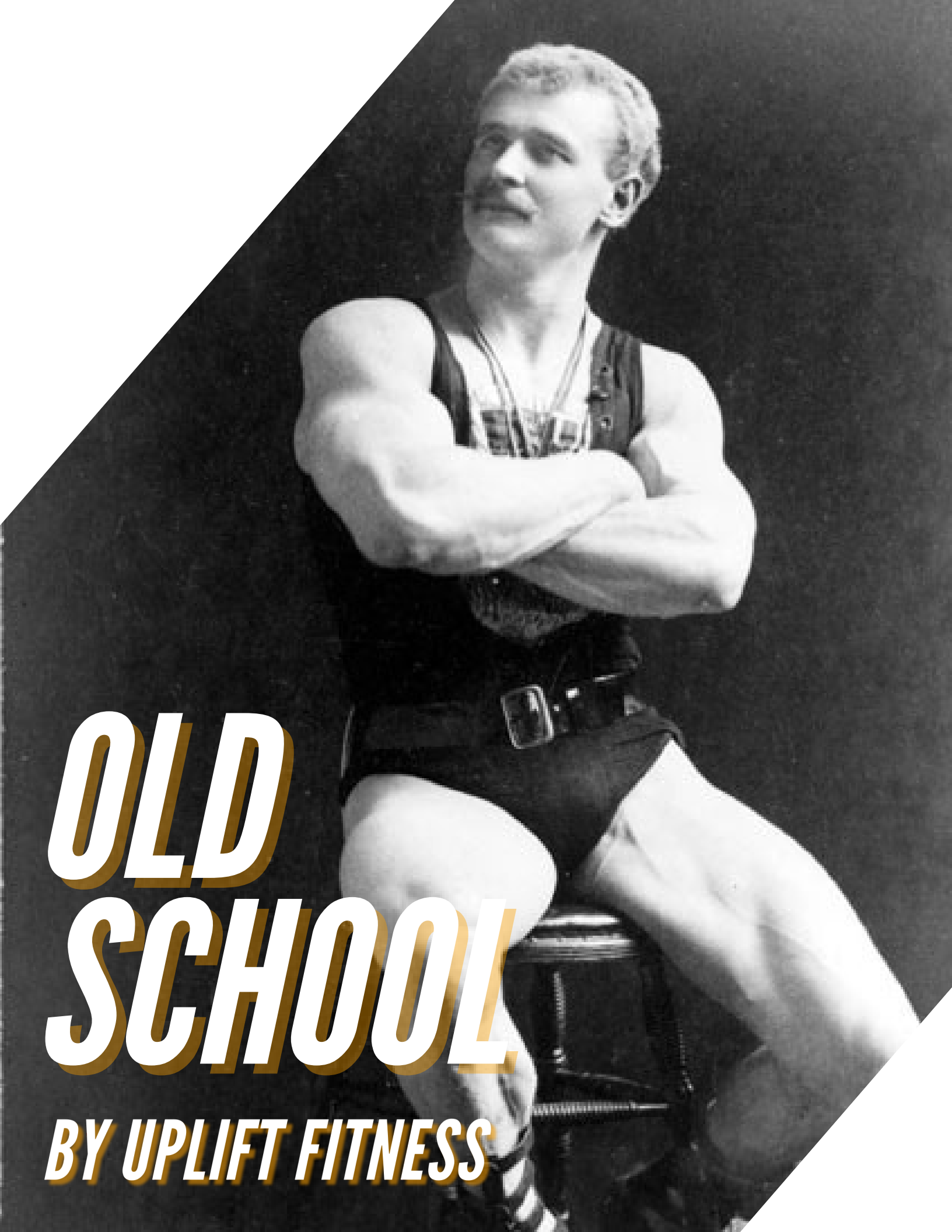




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# HOW-TO VIDEOS

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.



Your warm-up is your responsibility. Before each workout, ensure your body temperature is elevated, your nervous system is ready, and the muscles you are working have been activated.

Warm-ups can make or break your workouts. Take them seriously. We recommend priming movements be added in such as:

- Wall angels
- Reach Roll Lift
- Lizard with Rotation
- 90-90

Spend at least 10 minutes each day on mobility. Use ample warm-up sets before beginning working sets at the start of a workout. For example, a prescription of 5x3 barbell squats, should be accompanied by multiple sets working up in weight, as a way to further warm-up and practice your form.



# WEEK 1-3

## OLD SCHOOL

### DAY 1

EXERCISE	SETS	REPS	REST
Cable Pulldown	3	12	1:00
Barbell Row	3	6	2:00
Barbell Deadlift	4	8	1:00
Dumbbell Lateral Raise	5	6	2:00
Machine Chest Fly	3	10-12	1:00
Lying Dumbbell Triceps Ext. (Skullcrusher)	3	6	1:30
Concertration Curl	3	4	1:00
Hammer curl	3	8	1:00
Wrist Curl w/ Barbell (both ways)	2	To Failure	1:00

### DAY 2

EXERCISE	SETS	REPS	REST
Barbell Back Squat	5	8,6,4,4,12	2:00
Lunges (Long Step Out)	5	8/leg	2:00
Sissy Squat	5	To Failure	1:00 - 2:00
A1: Box Jumps	3	8	x
A2: Step-Ups	3	6/leg	x
A3: Plank	3	To Failure	x
A4: Single Leg Standing Calf Raise	3	10/leg	x
Dumbbell Swings	3	12-15	0:30

# WEEK 1-3

## OLD SCHOOL

### DAY 3

EXERCISE	SETS	REPS	REST
A1: incline Dumbbell Bench Press	4	4-6	x
A2: Chin-Ups (weighted)	4	6	2:00-3:00
Dumbbell Pullover (drop hips)	6	6	1:00
Flat Dumbbell Chest Fly	2	15	1:00
Dips	3	To Failure	1:00
Single Arm Dumbbell Row	3	10-12	1:00
Barbell Drag Curl	4	12	1:00
Barbell or Dumbbell Wrist Curl	2	To Failure	1:00
Vacuum Holds	3	To Failure	0:20

### DAY 4

EXERCISE	SETS	REPS	REST
Barbell Clean and Press	6	8	2:00
Barbell Upright Row	3	10	1:00
Close Grip Pulldown or Close Grip Pull-Up	3	8-10	1:30
Single Arm T-Bar Row (5 sec negatives)	3	10	1:30
Ez Bar Curl	5	5	2:00
Overhead Triceps Extension	4	5	1:00
Forearm Roller	2	To Failure	1:00

### DAY 5

EXERCISE	SETS	REPS	REST
Hill Sprints	7	0:20	0:30-0:45
Walking Lunges	1	0.5 Miles	x
Planks	8	0:45	0:20-1:00

# WEEK 4-5

## OLD SCHOOL

### DAY 1

EXERCISE	SETS	REPS	REST
A1: Barbell Deadlift	5	8-10	x
A2: Chin-Up	5	To Failure	2:00-3:00
Single Arm Dumbbell Row	2	4-6	1:30
Single Arm Dumbbell Row (Dropset X4)	2	8/8/8/8/Failur	3:00
Scott Curl (Dropset X2)	3	e	2:00
Overhead Triceps Extensions (5:2:1:2)	5	10/10/Failure	1:00
Barbell Hold (Grip)	3	8-10	1:00
		Max Hold Time	

### DAY 2

EXERCISE	SETS	REPS	REST
Barbell Front Squat	4	12	1:00
Barbell Hip Thrust	4	12	1:00
Leg Extension	4	15	0:30-1:00
Lying Leg Curl (dropset)	3	12/10	1:00
Weighted Standing Calf Raise (toes elevated)	5	15	1:30
Crunches	3	20-25	1:00
Hanging Leg Raise	3	To Failure	1:00

### DAY 3

EXERCISE	SETS	REPS	REST
A1: Weighted Chin-Up	5	5	x
A2: Barbell Curl	5	12	x
A3: Push-Up or Dips	5	To Failure	2:00
B1: Lying Incline Curl	4	15	x
B2: Cable Triceps Ext. or Incline Skullcrusher	4	12	1:00
Vacuum Holds	4	0:20-0:30	1:00

# WEEK 4-5

## OLD SCHOOL

### DAY 4

EXERCISE	SETS	REPS	REST
Lunges	1	200*	<b>*Take breaks as needed during all exercises</b>
Push-Ups	1	250*	
Calf Raises	1	300*	
Oblique Crunches	1	175*	
Jog @ easy pace	1	15:00	

### DAY 5

EXERCISE	SETS	REPS	REST
Barbell or Dumbbell Bench Press (dropset)	4	8/6	2:00
A1: Dips (5 second negatives)	3	10	x
A2: Chest Flys (Machine or Dumbbell)	3	20	2:00
Barbell Clean and Press	3	20	2:00
Side Lying Dumbbell Lateral Raise	4	12/arm	1:00
B1: Double Dumbbell Row (dropset)	3	8/10	x
B2: Farmers Carry	3	50 steps	x
B3: Single Leg Standing Calf Raise	3	15	1:00
C1: Vacuum Hold	3	Max Hold	x
C2: Dumbbell Pullover (slow pace)	3	8	x

# WEEK 6-8

## OLD SCHOOL

### DAY 1

EXERCISE	SETS	REPS	REST
Barbell RDL	6	8, 6, 4, 4, 3, 8	2:00
Leg Press	5	8, 6, 5, 4, 8	2:00
Sumo Goblet Squat	3	12-15	1:00
Leg Extension (Feet Together)	3	10-12	1:30
Standing Weighted Calf Raise	5	10, 8, 6, 6, 6	1:00
Hanging Leg Raise - 5 second negatives	5	10	1:00

### DAY 2

EXERCISE	SETS	REPS	REST
Single Arm Dumbbell Row	7	8,8,6,6,4,4,12	2:00
Close Grip Pulldown	3	12, 8, 6	1:30
Behind the Neck Pulldowns	3	10-12	1:00
Single Arm Dumbbell Reverse Fly	5	15, 10, 8, 6, 6	1:00
Dumbbell Pullover	4	12, 10, 8, 6	2:00
Dumbbell Lateral Raise	5	20, 15, 10, 8	1:30
Standing Dumbbell Shoulder Press	2	20	2:00

### DAY 3

EXERCISE	SETS	REPS	REST
Barbell Upright Row	5	12, 8, 8, 6,	1:00
Barbell Curl	6	6	1:30
Skullcrusher	4	10,8,8,6,6,4	1:30
Overhead Extension	4	15,10,6,4	2:00
Barbell Forearm Curls	3	15,10,6,4	1:30
Med Ball Twists (slow rotations)	5	8	1:00

# WEEK 6-8

## OLD SCHOOL

### DAY 4

EXERCISE	SETS	REPS	REST
Dips (weighted if needed & control each rep)	4	15,12,8,6	2:00
Incline Dumbbell Bench Press	6	20,12,8,6,4,4	2:00
Machine Chest Fly (slow and controlled)	4	15, 12, 8, 8	2:00
Dumbbell Pullover (slow and controlled)	4	15, 10, 8, 4	2:00
Side Lying Dumbbell Lateral Raise - droplets	4	12+8	2:00
Lying Leg Curl	2	12	1:00
Jog @ easy pace	1	15:00	x

### DAY 5

EXERCISE	SETS	REPS	REST
Barbell Squat - squeeze glutes & quads at top	3	8	2:00
Cannon Ball Goblet Squat - Dropset	3	10+6	2:00
Chest Supported DB Row w/ 5 sec squeeze	3	8	2:00
Close Grip Pulldown - 4 sec squeeze	3	8	2:00
Lying DB Skullcrusher - 3 sec pauses at bottom	4 5	8 8	2:00 2:00
EZ Bar Drag Curl - 4 sec squeeze	3	8	2:00
Bent Over DB Hammer Curl - 3 sec squeeze	2	10	2:00
Barbell Shurfs - 2 sec squeeze			

# WEEK 9-11

## OLD SCHOOL

### DAY 1

EXERCISE	SETS	REPS	REST
Barbell Single Leg Squat	6	8	1:00-2:00
Weighted Lunges	5	8	1:00-2:00
Cannon Ball Leg Press	3	8	1:00-2:00
Glute Bridge	3	1:00	1:00-2:00
Standing Single Leg Calf Raised	5	10-12	1:00-2:00
Crunches (high quality!)	5	15	1:00-2:00

### DAY 2

EXERCISE	SETS	REPS	REST
Barbell Row	7	8	1:0-2:00
EZ Bar Upright Row	4	10-12	1:00
Single Arm DB Row w/ 4 sec squeeze	3	10	1:00
Rack Pull	3	10	1:00-2:00
Cable Face Pull	4	10	1:00
Single Arm Preacher Curl	5	8	1:00
Rope Hammer Curl	4	6-8	1:00

### DAY 3

EXERCISE	SETS	REPS	REST
A1: Flat Dumbbell Bench Press	5	8-10	x
A2: Flat Dumbbell Fly	5	12	x
A3: Push-Ups	5	Failure	2:30
Side Lying Shoulder Rotations	3	15/arm	1:00
Sit-Ups	3	25	1:00
Plank	3	Failure	1:00



# WEEK 9-11

OLD SCHOOL

## DAY 4

EXERCISE	SETS	REPS	REST
Glute Bridge	3	1:00	1:00
Lunges	5	10/leg	2:00
Dumbbell Lateral Raise - double drop set	4	8/8/8	2:00-3:00
Barbell Clean and Press	4	8	2:00
Twisting Hanging Leg Raise	6	Failure	1:30

## DAY 5

EXERCISE	SETS	REPS	REST
Machine Chest Fly	5	8-10	2:00
Close Grip Bench Press	4	6-8	2:00
Close Grip EZ Bar Curl	4	8	2:00
Overhead Triceps Extension	3	8	2:00
Underhand Pull-Ups (Weighted)	3	8	2:00
Concentration Curl	3	8	2:00
Skullcrusher	3	8	2:00
Calf Press	5	12	2:00

NEXT PHASES:  
WEEK 12: MASSIVE PUMPS

# WEEK 12

## OLD SCHOOL

### DAY 1

EXERCISE	SETS	REPS	REST
Single Leg Squat	3	12	1:00
Sissy Squat	3	10-15	1:00
Leg Extension - Double Dropset	3	15/8/8	2:00
DB RDL - Rest Pause to Failure	2-3	8+3+3	2:00
Lying Leg Curl - 5 second negatives	3	10	0:30
Calf Press	4	20	0:30
Crunches	3	Failure	1:00

### DAY 2

EXERCISE	SETS	REPS	REST
Dumbbell Pullover	3	10	2:00
Single Arm Dumbbell Row - Triple Dropset	5	8/8/6/6	2:00
Machine Reverse Fly - 4 second negatives	4	20	2:00
Lying Incline Biceps Curl - 1:3:4:2	4	15	2:00
Dumbbell Lateral Raise - 3 second negatives & double dropset	3	8/8/6	2:00

### DAY 3

EXERCISE	SETS	REPS	REST
A1: Dips	4	Failure	x
A2: Machine Chest Fly	4	20	2:00
B1: Rope Triceps Pushdown - Dropset	3	12/12	x
B2: EZ Bar Drag Curl - 5 sec negatives	3	12	x
B3: DB Hammer Curl - 3 sec squeeze	3	12/arm	1:00

# WEEK 12

OLD SCHOOL

## DAY 4

### EXERCISE

### SETS

### REPS

### REST

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Barbell Overhead Press	3	20	0:30 - 1:00
A1: Underhand Pulldown - 3 sec squeeze	5	12	x
A2: Band Pull-apart	5	20+	x
A3: Dumbbell Lateral Raise	5	20	1:00
Calf Press	4	20	1:00
Plank	5	Failure	1:00