



**UPLIFT
PERFORMANCE**

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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.

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.

DAILY MOBILITY

UF PERFORMANCE

Mobility is the prerequisite to strength, speed, hypertrophy, and longevity. Mobility doesn't mean stretching but rather, strength in every range of motion. Choose from the mobility routine below to be added daily before each workout and at home. You can also build your own mobility sessions by using the mobility movement index under all how-to videos.

Each mobility session should last 5:00-10:00

SESSION 1

Wall Angel
Prone Y-Up
Handcuffs into Rotation
Thread the Needle into Rotation
Prone Scorpion

SESSION 2

Wall Row
Thread the Needle into Rotation
Prone Cobra
90-90
Lizard with Rotation
4-Cone Push

SESSION 3

Handcuffs into Rotation
Prone Y-up
Wall Bug
90-90
Bird Dog
Cat Cow

SESSION 4

90-90
Supine Scorpion
Prone Scorpion
Foam Roll
Reach Roll Lift
Swimmers

WEEK 1

UF PERFORMANCE

DAY 1 - STRENGTH

EXERCISE	SETS	REPS	REST
Deadlift @ 80%	5	5	2:00
Overhead Press @40% Bench Press Max	4	5	2:00
Pendlay Row	3	6	2:00
Dumbbell Lateral Raise	4	6	1:30
Ab Rollout	4	MAX	1:30

DAY 2 - SPEED & STABILITY

EXERCISE	SETS	REPS	REST
Box Squat @ 65%	4	6	2:00
Single Leg RDL	3	10/leg	1:00
Step-Up - 5 second negative - Explosive Up	3	5	1:00
Banded Bench Press @ 65% - 4 sec negative	4	6	2:00
Plank	4	MAX	1:00
Standing Weighted Calf Raise (no bouncing!)	3	20	1:00
Upright Bike Intervals - 0:20 On & 1:00 off	5	115 RPM+	x

WEEK 1

UF PERFORMANCE

DAY 3 - HYPERTROPHY

EXERCISE	SETS	REPS	REST
Barbell Hip Thrust	4	10	1:00
Leg Extension - 3 second negatives	3	10	1:00
Cable Pulldown	3	10-12	1:00
Machine Chest Fly - 3 second negatives	4	10-12	1:00
Cable Triceps Extension	5	10	1:00
Incline Dumbbell Curl - 4 second negatives	4	10	1:00

DAY 4 - CONDITIONING

ROUNDS FOR TIME	REPS:	TIME:	ROUNDS COMPLETED:
A1: Single Leg Squat	8/leg		
A2: Incline Dumbbell Bench Press	10	15:00	
A3: Dumbbell Reverse Fly	10		
A4: Farmers Carry	40 steps		

WEEK 2

UF PERFORMANCE

DAY 1 - STRENGTH

EXERCISE	SETS	REPS	REST
Deadlift @ 80%	5	6	2:00
Overhead Press @40% Bench Press Max	5	5	2:00
Pendlay Row	3	6	2:00
Farmers Carry	4	40 Steps	1:30
Dumbbell Front Raise w/ 5 second negatives	4	8	1:00
Ab Rollout	4	MAX	1:00

DAY 2 - SPEED & STABILITY

EXERCISE	SETS	REPS	REST
Box Squat@ 65%	4	6	2:00
Single Leg RDL	3	10/leg	1:00
Step-Up - 5 second negative - Explosive Up	3	5	1:00
Banded Bench Press @ 65%	4	6	2:00
Plank	4	MAX	1:00
Standing Weighted Calf Raise	3	20	1:00
Upright Bike Intervals - 0:20 On & 1:00 off	5	115 RPM+	x

WEEK 2

UF PERFORMANCE

DAY 3 - HYPERTROPHY

EXERCISE	SETS	REPS	REST
Barbell Hip Thrust	4	10	1:00
Leg Extension - 3 second negatives	3	10	1:00
Close Grip Cable Pulldown	3	10-12	1:00
Machine Chest Fly - 3 second negatives	4	10-12	1:00
Overhead DB Triceps Extension	5	10	1:00
Cable Biceps Curl - 4 second negatives	4	10	1:00

DAY 4 - CONDITIONING

ROUNDS FOR TIME	REPS:	TIME:	ROUNDS COMPLETED:
A1: Single Leg Squat	8/leg		
A2: Incline Dumbbell Bench Press	10	20:00	
A3: Dumbbell Reverse Fly	10		
A4: Farmers Carry	40 steps		
A5: Crunches	15		

WEEK 3

UF PERFORMANCE

DAY 1 - STRENGTH

EXERCISE	SETS	REPS	REST
Deadlift @ 82.5%	5	6	2:00
Overhead Press @45% Bench Press Max	5	5	2:00
Underhand Barbell Row	3	6	2:00
Dumbbell Pullover - 4 second negatives	3	6	1:30
Dumbbell Front Raise w/ 5 second negatives	4	8	1:00
Ab Rollout	4	MAX	1:00

DAY 2 - SPEED & STABILITY

EXERCISE	SETS	REPS	REST
Box Squat@ 65%	4	6	2:00
Single Leg RDL	3	10/leg	1:00
Step-Up - 5 second negative - Explosive Up	3	5	1:00
Banded Bench Press @ 65%	4	6	2:00
Plank	4	MAX	1:00
Standing Weighted Calf Raise	3	20	1:00
Upright Bike Intervals - 0:20 On & 1:00 off	5	115 RPM+	x

WEEK 3

UF PERFORMANCE

DAY 3 - HYPERTROPHY

EXERCISE	SETS	REPS	REST
Barbell Hip Thrust	4	10	1:00
Leg Extension - 3 second negatives	3	10	1:00
Close Grip Cable Pulldown	3	10-12	1:00
Machine Chest Fly - 3 second negatives	4	10-12	1:00
Overhead DB Triceps Extension	5	10	1:00
Cable Biceps Curl - 4 second negatives	4	10	1:00

DAY 4 - CONDITIONING

ROUNDS FOR TIME	REPS:	TIME:	ROUNDS COMPLETED:
A1: Single Leg Squat	8/leg		
A2: Incline Dumbbell Bench Press	10	20:00	
A3: Dumbbell Reverse Fly	10		
A4: Farmers Carry	40 steps		
A5: Crunches	15		

WEEK 4-6

UF PERFORMANCE

DAY 1 - STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Squat @ 85%	5	5	2:00
Barbell Bench Press @ 80%	5	5	2:00
Single Arm Dumbbell Row - 3 sec negatives	3	6	2:00
Barbell Curl	3	4-6	1:30
Skullcrusher	4	4-6	1:30
Ab Rollout	4	MAX	1:00

DAY 2 - SPEED & STABILITY

EXERCISE	SETS	REPS	REST
Barbell RDL	4	12	2:00
Hip Abduction	3	15	1:00
Dumbbell Thruster	3	8	1:00
Box Jump	3	6	2:00
Plank	4	MAX	1:00
Standing Weighted Calf Raise	3	20	1:00
Upright Bike Intervals - 0:20 On & 1:00 off	6	115 RPM+	x

WEEK 4-6

UF PERFORMANCE

DAY 3 - HYPERTROPHY

EXERCISE	SETS	REPS	REST
Leg Press	4	12	1:00
Lying Leg Curl	3	12	1:00
Chest Supported Dumbbell Row - 4 sec neg	4	12	1:00
Dips/Assisted Dips	4	12-15	1:00
Single Arm Cable Triceps Extension	3	12-15	1:00
Dumbbell Hammer Curl	4	12-15	1:00

DAY 4 - CONDITIONING

ROUNDS FOR TIME	REPS:	TIME:	ROUNDS COMPLETED:
A1: Overhead Barbell Press	15		
A2: Double Dumbbell Row	10		
A3: Hanging Leg Raise	10	20:00	
A4: Barbell Curl (shoulder press weight)	6		

WEEK 7-8

UF PERFORMANCE

DAY 1 - STRENGTH

EXERCISE	SETS	REPS	REST
Barbell Deadlift @ 80, 85, 90%	6	6,6,4,4,2,2	2:00
Barbell Bench Press @ 80% (Pause Reps)	5	5	2:00
Goblet Squat - Tempo: 5:2:1:0	3	6	2:00
Dumbbell Hammer Curl	3	4-6	1:30
OH Tricpes Extension	4	4-6	1:30
Ab Rollout	4	MAX	1:00

DAY 2 - SPEED & STABILITY

EXERCISE	SETS	REPS	REST
Sumo Box Squat w/ 5 second negatives	4-5	6	2:00
Single Leg RDL into High Knee	3	8	1:00
Lateral Lunge or Hip Adduction	2	6/leg or 12	1:00
Box Jump	4	8	2:00
Jump Rope	1	10:00	x

WEEK 7-8

UF PERFORMANCE

DAY 3 - HYPERTROPHY

EXERCISE	SETS	REPS	REST
A1: Incline Dumbbell Bench Press	3	12	x
A2: Chest Supported Dumbbell Row	3	20	1:00
B1: Cable Pulldown	3	15	x
B2: Machine Chest Fly	3	10	1:00
Side Lying Dumbbell Lateral Raise (Dropset)	3	12/8	1:00
C1: Close Grip EZ Bar Curl	4	15	x
C2: EZ Bar Skullcrusher	4	10	1:00

DAY 4 - CONDITIONING

ROUNDS FOR TIME	REPS:	TIME:	ROUNDS COMPLETED:
A1: Goblet Squat or Front Rack DB Squat	12		
A2: Lunges	8/leg	20:00	
A3: Push-Ups	15		
A4: Reverse Crunch or Hanging Leg Raise	10		