



PHYSIQUE

BY UPLIFT FITNESS

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HOW-TO VIDEOS

CLICK THE EXERCISE NAME TO WATCH

EXERCISE NAME (A-Z)

[4 cone push](#)

[Arnold Press](#)

[Assisted Pull-up](#)

[Band Pullapart](#)

[Banded W Press](#)

[Barbell Bench Press](#)

[Barbell Box Squat](#)

[Barbell Clean & Press](#)

[Barbell Curl](#)

[Barbell Deadlift](#)

[Barbell Good Morning](#)

[Barbell Hack Squat](#)

[Barbell Pendlay Row](#)

[Barbell Pin Squat](#)

[Barbell Preacher Curl](#)

[Barbell Rack Pull](#)

[Barbell RDL](#)

[Barbell Reverse Curl](#)

[Barbell Row](#)

[Barbell Shoulder Press](#)

[Barbell Shrug](#)

[Barbell Squat](#)

[Barbell Sumo Deadlift](#)

[Barbell Sumo Squat](#)

[Barbell Upright Row](#)

[Bus Drivers](#)

[Cable Biceps Curl](#)

[Cable Chop](#)

[Cable Cross](#)

[Cable Crunch](#)

[Cable Face Pull](#)

[Cable Fly](#)

[Cable Lateral Raise](#)

[Cable Pulldown](#)

[Cable Reverse Fly](#)

[Cable Row](#)

[Cable Shoulder Rotation](#)

[Cable Upright Row](#)

[Calf Raise](#)

[Cat Cow](#)

[Chest Fly and Reverse Fly](#)

[Chest Supported Dumbbell Row](#)

[Chest Supported Machine Row](#)

[Circus Press](#)

[Close Grip Pulldown](#)

[Concentration Curl](#)

[Crucifix Curl](#)

[Crunch](#)

[Deficit Deadlift](#)

[Dip](#)

[Double Dumbbell Row](#)

[Dumbbell Bench Press](#)

[Dumbbell Chest Fly](#)

[Dumbbell Front Raise](#)

[Dumbbell Hammer Curl](#)

[Dumbbell Lateral Raise](#)

[Dumbbell Pullover](#)

[Dumbbell RDL \(toe-elevated\)](#)

[Dumbbell Reverse Fly](#)

[Dumbbell Row](#)

[Dumbbell Shoulder Press](#)

[Dumbbell Shrug](#)

[Dumbbell Swing](#)

[Farmers Carry](#)

[Forearm Roller](#)

[Forward Banded Barbell Row](#)

[Glute Extension](#)

[Goblet Squat](#)

[Hanging Leg Raise](#)

[Hip Abduction](#)

[Hip Adduction](#)

[Hyper Extension](#)

[Incline Barbell Press](#)

[Incline Dumbbell Press](#)

[Incline Dumbbell Chest Fly](#)

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.



ABOUT UPLIFT PHYSIQUE

UF Physique is inspired by the programming used with physique competitors . While there is no such thing as male or female exercises, we can mold and shape our bodies differently. This programming reflects that which is typically used for individuals seeking to build a physique worthy of the state.

Rounded shoulders, developed arms , v-taper back and waist, and balanced glutes and legs is the goal.

This program is intended to be performed at a frequency of five days per week and while decreasing frequency may slightly hinder results, we encourage you to continue straight through the program if youre most likely to be consistent at four days a week. Do not skip workouts.

Please tag us in your post-workout selfies and share your results! Welcome to UF Physique.



WEEKS 1-3

PHYSIQUE

DAY 1

EXERCISE

SETS

REPS

REST

Seated Dumbbell Shoulder Press	4	8-10	1:00
Cable Lateral Raise	5	8-10/arm	1:00
Band Pullapart	3	20-30	0:30
Cable Pulldown	5	10-12	1:30
Cable Row	4	10-12	1:30
Medicine Ball Twists (SLOW)	3	10/side	1:00
Incline Treadmill or Elliptical - Fast Pace	1	20:00	x

DAY 2

EXERCISE

SETS

REPS

REST

Barbell Back Squat	5	10	1:30
Toe-Elevated Dumbbell RDL	5	10-12	1:30
Lying Leg Curl	3	12	1:00
Single Leg Hip Bridge Isometric	3	MAX	1:00
Hip Abduction	3	15	1:00
Calf Press	2	20	1:00
Incline Treadmill or Elliptical - Fast Pace	1	20:00	x



WEEKS 1-3

PHYSIQUE

DAY 3

EXERCISE	SETS	REPS	REST
Single Arm Dumbbell Row	4	12-15	1:00
Cable Face Pull	4	10	0:30
Close Grip Pulldown	3	12-15	1:00
Triceps Pushdown	3	10-12	1:00
Cable Biceps Curl	2	10-12	0:30
Machine Reverse Fly	2	10-12	0:30
Incline Treadmill or Elliptical - Fast Pace	1	30:00	x

DAY 4

EXERCISE	SETS	REPS	REST
A1: Box Step-Up (Weighted)	5	8/leg	x
A2: Standing Dumbbell Shoulder Press	5	10	x
A3: Elevated Push-Up	5	8-12	2:00
Plank	2	MAX	1:00

DAY 5

EXERCISE	SETS	REPS	REST
Barbell Hip Thrust	6	12	1:00
Close Stance Leg Press	4	15	1:00
Close Stance Leg Extension	4	12	1:00
Sumo Goblet Squat	3	10	1:00
Dumbbell Lateral Raise	4	15	0:30



WEEKS 4-6

PHYSIQUE

DAY 1

EXERCISE

SETS

REPS

REST

A1: Barbell Overhead Press	4	10	x
A2: Upright Row (Cable or EZ Bar)	4	20	1:00
Seated Dumbbell Reverse Fly - 4 sec negatives	3	12	1:00
B1: Wide Grip Cable Row - 4 second squeezes	4	12	x
B2: Wide Grip Cable Row - less weight no squeeze	4	10	1:00
Dumbbell Pullover	2	12	1:00
Incline Treadmill or Elliptical - Fast Pace	1	20:00	x

DAY 2

EXERCISE

SETS

REPS

REST

Barbell Sumo Squat	4	12	1:00
Goblet Box Squat (Dropset)	3	10 + 8	0:30
A1: Hip Abduction	3	15	x
A2: Bodyweight Squat - No Lockout at Top	3	10	0:30
Lying Leg Curl	3	8	1:00
Calf Press	2	15	1:00
Incline Treadmill or Elliptical - Fast Pace	1	20:00	x

WEEKS 4-6

PHYSIQUE

SPLIT: SHOULDERS & BACK, LEGS(G&H),
BACK & ARMS (CARDIO), FULLBODY, LEGS

DAY 3

EXERCISE	SETS	REPS	REST
Single Arm Dumbbell Row (Double Drop Set)	3	8 + 8 + 10	1:00
Cable Pulldown - 3 second negatives	3	12-15	1:00
Barbell Rack Pull	4	12	0:30
Overhead Triceps Extension	3	15	0:30
Close Grip EZ Bar Curl	2	12-15	0:30
Side Lying Shoulder Rotations	2	10/arm	0:30
Incline Treadmill or Elliptical - Fast Pace	1	25:00	x

DAY 4

EXERCISE	SETS	REPS	REST
A1: Glute Bridge	5	Max Hold	x
A2: Hyperextension	5	12-15	x
A3: Double Dumbbell Row	5	8	2:00
Mountain Climber (Under Control)	3	20 (10/side)	1:00

DAY 5

EXERCISE	SETS	REPS	REST
Weighted Step-Up	5	12/leg	1:00
Barbell RDL	4	12	1:00
Sissy Squat - 6 second negatives	4	6-8	1:00
Single Leg Extension	3	10	1:00
Dumbbell Lateral Raise	4	15	0:30



WEEKS 7-8

PHYSIQUE

DAY 1

EXERCISE	SETS	REPS	REST
Seated Dumbbell Shoulder Press	5	8, 8, 6, 6, 4	2:00
Dumbbell Front Raise - 5 second negatives	3	6	1:30
Side Lying Dumbbell Lateral Raise	4	6-8	1:30
Assisted Pull-Up	5	4-6	1:30-2:00
Barbell Row	4	6-8	1:30-2:00
Incline Treadmill or Elliptical - Fast Pace	1	20:00	x

DAY 2

EXERCISE	SETS	REPS	REST
Barbell Back Squat	5	5	2:00
Straight Leg Deadlift	5	5	2:00
Walking Lunges	2	10/leg	2:00
Leg Extension	2	6-8	1:30
Hip Abudction	3	6-8	1:30
Calf Press	2	6	1:00
incline Treadmill or Elliptical - Fast Pace	1	15:00	x

WEEKS 7-8

PHYSIQUE

DAY 3

EXERCISE	SETS	REPS	REST
Chest Supported Machine Row	4	8	1:30
Barbell Deadlift	5	8	2:00
Hyperextension (weighted if needed)	3	6-8	1:00
Close Grip Bench Press - 3 second negatives	4	4-6	1:30
Dumbbell Hammer Curl	3	6	1:30
Side Lying Shoulder Rotations	3	10/arm	1:00
Incline Treadmill or Elliptical - Fast Pace	1	25:00	x

DAY 4

EXERCISE	SETS	REPS	REST
A1: Barbell Row (dropset)	5	8 + 8	x
A2: Elevated Push-Up or Push-Ups	5	10-15	x
A3: Upright Row with Plate	5	12	x
A4: Single Leg Squat	5	8/leg	2:00

DAY 5

EXERCISE	SETS	REPS	REST
Single Leg Squat - 5 second negatives	4	4-6	2:00
Sumo Deadlift - Touch & Go	5	6	2:00
Single Leg RDL	3	8/leg	1:00
Leg Extension	3	6-8	1:00
Hanging Leg Raise	3	10	1:00