



***UPLIFT
STRONG***

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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.

FREQUENTLY ASKED QUESTIONS

How much weight should I use?

Your programming will give you a specific number of repetitions for each set of each exercise. This will determine the load (or weight) used.

Your goal is to use the weight that produces the right amount of fatigue. As a beginner, you should *never* push your muscles to failure (aka where you cannot do another rep).

At the end of each set, you should feel as if you could complete 2-4 more repetitions. You will feel able to do more but, your body will not be able to recover the next day, and therefore, you'll go backward, not forwards. As you progress, you'll be able to push a little harder, leaving 1-2 reps in the tank.

Finding the correct weight is a bit of trial and error at first. For example, if you were prescribed a Leg Press at 10-12 repetitions, you should simply select a weight and try 10-12 repetitions. If you hit 12 reps and it's still easy, add weight. If you cannot reach 10, remove weight.

How many days a week should I workout?

Before you decide on days per week you must first understand that consistency is the number one predictor of success in fitness. We celebrate 2 days/week every single week over sporadic workout frequency.

Pick a number of days you can do consistently. For beginners, we recommend a minimum of 2 and a maximum of 4.

Remember, you can always perform other forms of movement on your "off days" from the gym such as yoga, walking, hiking, etc.

FREQUENTLY ASKED QUESTIONS

How sore should I be after a workout?

Soreness is NOT a marker of progress. It's sometimes a byproduct of exercise. Never, ever use soreness to gauge your progress. While it is to be expected, it shouldn't be chased, nor avoided. Our society chases sensation. We are very bad at believing in processes that take time. Don't chase the sensation of soreness. If you are getting stronger, month over month, you are making progress.

Remember, progress takes time and you'll be the last person to notice. Using objective measures like strength helps us *see* our progress.

Should I be doing strength training?

You should *only* be doing strength training if you are aged 8-95 and desire a faster metabolism, leaner body, better joint health, better sleep, better hormonal health, more strength, and more mobility.

If you'd like to slow your metabolism, damage your joints, and improve your ability to store body fat, please do *exclusively* cardiovascular training. Cardio is g-r-e-a-t. But, it's a tool that has its place. Strength training is the most adaptable and has the highest return on time invested form of exercise, *period*.

What if I don't want to grow big muscles?

Growing muscle is incredibly difficult. Even if you could grow muscle incredibly fast, that would in turn speed up your metabolism so much that you should shed body fat even faster. Remember, muscle = metabolism.

Please consider that muscle is 1/3 the volume of body fat. If "size" is your concern, gaining 10 lbs of muscle, and losing 10lbs of body fat would make it seem as if you've lost 30lbs, even though your weight would remain the same. **Weight is a terrible marker for progress for most people.**

FREQUENTLY ASKED QUESTIONS

How many times should I repeat a program?

In general, you can repeat a program once or twice. As a beginner, you can get away with repeating a program a few more times, however, eventually, your body will adapt and get very good at those exercise, that amount of volume (# of sets), and that rep range. At that point, change is required. This is why we've written dozens of programs for you.

Be sure that you are adding weight as you repeat your program as you will inevitably be stronger after completing your program each time.

Where can I go to learn more about health & fitness?

You have access to:

- all of our online classes & workshops
 - a staff of personal trainers
 - 100's of how-to videos
 - a list of whole food recipes
- and more at www.upliftfitnessohio.com

Use your resources and ask us for guidance! Your success is our job. If you don't reach your goals, we've failed. Don't hesitate to ask for help!

WEEK 1

UPLIFT STRONG

DAY 1: SQUAT TESTING

EXERCISE	SETS	REPS	REST
5 minutes light cardio	1	5:00	X
Banded Glute Bridge	2	:20-:45	1:00
Box Squat	1	10	X
Deep Squat Iso into Jump	5	:10	:05-:10
Hanging Leg Raise	2	10	:30
Squat (Working up in weight)	3	10, 8, 5	3:00
Squat 5RM Test	3	5	3:00

DAY 2: BENCH TESTING

EXERCISE	SETS	REPS	REST
5 minutes light cardio	1	5:00	x
Shoulder Circles	1	20	x
Straight Arm Pulldown	3	10	1:00
DB Overhead Triceps Extension	2	10	1:00
Supermans	5	:10	:10
Bench Press (Working up in weight)	3	8, 6, 5	3:00
Bench Press 5RM Test	3	5	3:00

WEEK 1

UPLIFT STRONG

DAY 3: DEADLIFT TESTING

EXERCISE	SETS	REPS	REST
5 minutes of light cardio	1	5:00	X
Lying Leg Raise Isometrics	4	:20-:45	:30
Hyperextensions	2	10	1:00
Lying Leg Curl	1	10	X
Deadlift (Working up in weight)	3	8, 6, 5	3:00
Deadlift 5RM Testing	3	5	3:00

WEEK 2

UPLIFT STRONG

DAY 1

EXERCISE	SETS	REPS	REST
Warm-Up: Box Squat	2	10	1:30
Barbell Back Squat @ 50-55%	6	10	1:45-2:00
Dumbbell Overhead Split Squat	3	6	1:45-2:00
Lying Hamstring Curl	1	12	X
A1: Plank	4	:45	X
A2: Dead Bug	4	:25	1:00
Calf Press	4	15-25	1:00

DAY 2

EXERCISE	SETS	REPS	REST
Warm-Up: Chest Fly	2	10	:30-1:00
Prime: Face Pull	2	12	:30-1:00
Prime: Barbell Shrug	2	12	:30-1:00
Barbell Bench Press @ 50-55%	6	10-12	1:45-2:00
Overhead Press	3	8	1:30
Weighted Hyper Extension	2	10	2:00
Weighted Sit-Ups	4	12-15	1:00

WEEK 2

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Warm-Up: Good Morning

1-2

10-15

X

Deadlift @ 50-55%

6

10

1:45-2:00

Romanian Deadlift

2

8-10

1:45

Dumbbell Pullover

1-2

12

1:00

Barbell Biceps Curl

2

12

1:00

WEEK 3

UPLIFT STRONG

DAY 1

EXERCISE	SETS	REPS	REST
Warm-Up: Box Squat	1	10-12	X
Barbell Squat @ 60%	6	8	1:45-2:00
Posterior Banded Step-Up	3	6/leg	2:00
Pendlay Rows	2	12	1:00
Single-Arm Dumbbell Preacher Curl	2	12	1:00
Weighted Decline Sit-Ups	3	12	1:00

DAY 2

EXERCISE	SETS	REPS	REST
Warm-Up: Dips	2	8	1:00
Prime: Chest Supported Reverse Fly	2	10	1:00
Barbell Bench Press @ 60%	6	8	1:45-2:00
Single Arm Dumbbell Bench Press	3	10	1:00
Hip Adduction	1	15	X
Single Leg Standing Calf Raise	4	12	1:00

WEEK 3

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Warm-Up: Barbell Good Morning	1	12	X
Deadlift @ 60%	6	8	1:45-2:00
1 inch Dead Pulls	2	6	1:00
Single Arm DB Power Clean & Press	3	8	1:30
Side Lying Shoulder Rotations	4	12	X
Skull Crusher	3	8-10	1:00

WEEK 4

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

A1: Warm-Up: Hyper Extensions	12	12	X
A2: Prime: Hanging Leg Raise	1-2	10-20	X
Front Squat @ 65%	7	6	1:45-2:15
Barbell Good Mornings	3	8	1:30
Dumbbell Reverse Fly	2	15	1:00
Bird Dog	4	:30/side	:10
Dead Bug	2	:30/side	:10

DAY 2

EXERCISE

SETS

REPS

REST

Warm-Up: Deadman Push-Ups	2	10-15	1:00
Dumbbell Bench Press @ 65%	7	6	2:00
Close Grip Bench Press	3	6-8	1:30
Cable Lateral Raise	2	15	1:00
DB Shoulder Press—Pause Reps	2	8-12	1:00

WEEK 4

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Barbell Good Morning	21	12	X
Deadlift @ 65-75%	7	6	2:00-2:30
T-Bar Row	2	10	1:30
Supermans	4	:10-:20	:30
Dumbbell Shrugs	3	6	1:30
Reverse Curl	3	8	1:00
Hanging Leg Raise	3	12-20	1:00

WEEK 5

UPLIFT STRONG

DAY 1

EXERCISE	SETS	REPS	REST
Warm-Up: Box Squat	2	10	1:00
Single Leg Squat	4	5	2:00-2:30
Barbell Back Squat @ 70-75%	3	5	2:00-2:30
A1: Hanging Leg Raise	3	10-15	X
A2: Medicine Ball Twist	3	10/side	1:00
Dumbbell Concentration Curl	2	12	1:00
Banded Reverse Fly	3	12	1:00

DAY 2

EXERCISE	SETS	REPS	REST
Warm-Up: Incline Barbell Bench Press	2	10	1:00
Barbell Bench Press @ 70-75%	5	5	2:30
Pin Press	3	6	2:00
Leg Extension	2	12	1:00
Single Leg 4 Cone Push	2/leg	:30	X
Calf Press	3	8	1:00

WEEK 5

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Warm-Up: Lying Leg Curl	1	10-12	X
Deficit Deadlift @ 70-75%	5	5	2:30
Farmers Carry	4	(To grip failure)	1:00
Dips	2	8	1:30
Close Grip Barbell Curl (Drop set)	2	12/10	1:00
Banded Shoulder Rotations	4	15 rotations	X

WEEK 6

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

Back Squat—Pause Reps @ 75%	5	5	2:30
Hip Thrust	3	8	1:30
Pull-Ups	2	10	1:00
Single Leg Extensions	2	12	1:00
Calf Press	3	20	1:00
Plank	3	1:00	:30
Plank Reach	2	12	:30

DAY 2

EXERCISE

SETS

REPS

REST

A1 Warm-Up: Lateral Raise	22	10	X
A2 Warm-Up: Wide Grip Cable Row	2	10	1:00
Barbell Bench Press—Pause Reps @ 75%	5	5	2:30-3:00
Circus Press	3	6/arm	2:00
Dumbbell Rows	2	6/arm	2:00
Triceps Push-Downs	2-4	20	1:00
Kneeling Ankle Stretch	4	:15	X
Standing Calf—1 sec squeeze at top	3	8-10	1:00

WEEK 6

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Warm-Up: Barbell Good Morning	2	10	1:00
Deadlift @ 75-80%	6-7	4	3:00
Single Leg Barbell RDL	3	6	1:30
Single Arm Farmers Carry	3	30 step/side	1:00
Turkish Get-Up	2	8/side	1:00
Face Pull	3	20	1:00

WEEK 7

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

Warm-Up: Split Squat	2	8/leg	X
Warm-Up: Hanging Leg Raise	2	12	X
Barbell Back Squat @ 80-85%	4	3	3:00
Front Squat	1-2	10	1:30
Pull-Ups	3	8	1:30
Mountain Climber	4	:30	:30
Lunge Isometrics	2	:10/leg	X

DAY 2

EXERCISE

SETS

REPS

REST

A1: Warm-Up: Dumbbell RDL	2	10	X
A2: Warm-Up: Decline Sit-Ups	2	12	1:00
Deficit Deadlift @ 65-75%	2	3	3:00
Deadlift @ 80-85%	5	3	300
Goblet Carry w/ Dumbbell	3	40 steps	
Goblet Side Lunge	2	6	
Calf Press	4	20	

WEEK 7

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Warm-Up: Incline Chest Fly	2	15	1:00
Bench Press @ 80-85%	7	4	2:00
Dumbbell Pullover	3	8	1:45
Concentration Curl	2	12	:30
A1: Box Jumps	3	6	X
A2: Push-Ups	3	20	:30

WEEK 8

UPLIFT STRONG

DAY 1

EXERCISE	SETS	REPS	REST
Warm-Up: Barbell Good Morning	2	8	1:30
Deadlift @ 85-90%	4	3	3:00
1-Inch Dead Pulls @ 70-75%	2	5	2:00
Barbell Good Mornings	2	5	2:00
Dumbbell Reverse Fly	3	12	1:00
Side Lying Shoulder Rotations	2	15	X

DAY 4

EXERCISE	SETS	REPS	REST
Warm-Up: Incline Dumbbell Press	2	10	1:00
Weighted Dips	4	5	2:30
Bench Press—Pause Reps @ 70-80%	3	3	3:00
Flat DB Press—Unbalanced weights	3	8-12	2:00
Chin-Ups	2	8-12	1:30
Calf Press	4	6-8	1:45

WEEK 8

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Warm-Up: Bird Dog	10	1 per side @ 10sec	X
Barbell Back Squat @ 85-90%	4	3	3:00
Barbell Hack Squat	3	6-8	2:00
Hyper Extension	2	10	1:00
Chest Supported Row	3	6	2:00
Weighted Bar Hang	3	To failure	1:00

DAY 4

EXERCISE

SETS

REPS

REST

Upright Bike Intervals	5	:15 on-1:30 off	X
T-Stretch (Hip Stretch)	4	:20	X
Frog Stretch (Hip Stretch)	4	:20	X
Hand Over Head Lunge (Hip Stretch)	2	:10-:20	X
Single-Leg Glute Stretch	2	:15	X
Shoulder Circles 2	2	20 each way	X
Kneeling Cross Body Shoulder Stretch	3	:15	X

WEEK 9

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

Warm-Up: 1-Inch Dead Pulls (Light)	3	3	1:00
Barbell Rows	2	10	1:00
Deadlift @ 90%	6	2	3:00
Barbell RDL	2	10	1:45
One Leg Plank Row	2	8/side	1:00
Weighted Hyper Extension	2	6	2:00
Banded W-Press	3	15	1:00

DAY 2

EXERCISE

SETS

REPS

REST

Warm-Up: Dumbbell Bench Press	52	8	1:00
Bench Press @ 90%	6	2	3:00
Single Arm Dead Bug DB Bench Press	3	6	1:30
Single Arm Cable Triceps Extension	2	15	:30
Standing Leg Calf Raise	4	20	1:00

WEEK 9

UPLIFT STRONG

DAY 3

EXERCISE	SETS	REPS	REST
Warm-Up: Split Squat	2	10	1:00
Barbell Back Squat	7	2	3:00
Single Arm DB Suitcase Squat	3	5	1:30
Hyper Extensions	3	10	:30
Sit-Ups	4	10	:45

DAY 4

EXERCISE	SETS	REPS	REST
Upright Bike Intervals	6	:15 on-1:30 off	X
T-Stretch (Hip Stretch)	4	:20	X
Frog Stretch (Hip Stretch)	4	:20	X
Hand Over Head Lunge (Hip Stretch)	2	:10-:20	X
Single Leg Glute Stretch	2	:15	X
Shoulder Circles	2	20 each way	X
Kneeling Cross Body Shoulder Stretch	3	:15	X

WEEK 10

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

Deadlift @ 95%	4	1	3:00
Lying Leg Raises	4	20	1:00
Squat into Box Jump	2	8	1:00
Dumbbell Reverse Fly	2	15	1:00
Supermans	2	5 @ :10 sec	:10

DAY 2

EXERCISE

SETS

REPS

REST

Warm-Up: Face Pulls	2	12-20	
Barbell Bench Press @ 95%	3	1	
Pin Press @ 65%	4	4	
Inverted Rows	2	15	
Overhead Dumbbell Triceps Ext.	2	10-12	

WEEK 10

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Barbell Back Squat @ 95%	23-4	1	3:00
Side Lunge	2	10	1:00
Hip Adduction	2	20	1:00
Lying Leg Curl	1	10-12	X
Calf Raise	3	15	1:00

DAY 4

EXERCISE

SETS

REPS

REST

Upright Bike Intervals	4	:15 on-1:30 off	X
T-Stretch (Hip Stretch)	4	:20	X
Frog Stretch (Hip Stretch)	4	:20	X
Hand Over Head Lunge (Hip Stretch)	2	:10-:20	X
Single-Leg Glute Stretch	2	:15	X
Shoulder Circles	2	20 each way	X
Kneeling Cross Body Shoulder Stretch	3	:15	X

WEEK 11: TEST WEEK

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

Barbell Back Squat - 8 @ 50%, 5 @ 65%, 3 @ 75%, 1 @ 80%, 1 @ 90%, 1 @ 100%, 1 @ 100-110%, 1 @ 100-110%

3:00-5:00

DAY 2

EXERCISE

SETS

REPS

REST

T-Stretch (Hip Stretch)

4

:20

X

Frog Stretch (Hip Stretch)

4

:20

X

Hand Over Head Lunge (Hip Stretch)

2

:10-:20

X

Single-Leg Glute Stretch

2

:15

X

Shoulder Circles

2

20 each way

X

Kneeling Cross Body Shoulder Stretch

3

:15

X

WEEK 11: TEST WEEK

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Barbell Bench Press—8 @ 45%, 5 @ 65%, 3 @ 75%, 1 @ 80%, 1 @ 90%, 1 @ 100%, 1 @ 105-110%, 1 @ 105-110%

3:00-5:00

DAY 4

EXERCISE

SETS

REPS

REST

Deadlift—5 @ 65%, 5 @ 70%, 3 @ 80%, 1-2 @ 90%, 1 @ 95%, 1 @ 100-110%, 1 @ 100-110%

3:00-5:00

WEEK 12: DELOAD WEEK

UPLIFT STRONG

DAY 1

EXERCISE

SETS

REPS

REST

Back Squat @ 50-60%	5	5	2:00
Barbell Rows	2	10	1:30
Lying Leg Curls	1	12	X
Hip Adduction	3	20	1:30
Hip Abduction	2	15	1:30
Calf Press	3	10	1:30

DAY 2

EXERCISE

SETS

REPS

REST

Deadlift @ 50%	5	:5	2:00
Bench Press @ 50%	5	5	2:00
A1: Leg Extensions	2	20	X
A2: Bodyweight Squat or Sissy Squat	2	20	X
A3: Overhead Press	2	20	2:00
B1: Lateral Delt Raise	2	12	X
B2: Straight Arm Pulldown	2	12	2:00

WEEK 12: DELOAD WEEK

UPLIFT STRONG

DAY 3

EXERCISE

SETS

REPS

REST

Back Squat @ 50-60%	5	5	2:00
Barbell Rows	2	10	1:30
Lying Leg Curls	1	12	X
Hip Adduction	3	20	1:30
Hip Abduction	2	15	1:30
Calf Press	3	10	1:30

DAY 4

EXERCISE

SETS

REPS

REST

Z-Press	2	15	:30-1:00
Seated DB Shoulder Press (DROPSET)	4	10/8	1:00
Dumbbell Pullover	2	15	:30-1:00
A1: Lying Incline Dumbbell Curl	5	12	X
A2: Skull Crusher	5	15	1:30
B1: Hyper Extension	3	20	X
B2: Dumbbell Shrugs	3	20	1:00
Wrist Roller	2	1 each way	1:00