

Welcome your Free 1-Week Program

Here are a few things you will need to know going into this program!

Program Execution:

Each series of exercises is set up in a single set, superset, or giant set.

Single Set: is where you'll see just 1 movement assigned to a single letter. You will complete all sets of that movement with the assigned reps, tempo, and rest built in. Then, you will continue on to the next movement.

Ex.

3 Sets:

A): Bench Press

Rest 2 Min

Superset: is a series of movements you will complete in succession of one another with minimal to no rest. You will then repeat the superset "x" amount of times.

Ex.

3 Sets:

B1): Bench Press

Rest 15s

B2): Barbell Row

Rest 1-2 Min

Giant Set: similar to a superset, is a series of movements in which you will complete in succession of one another with minimal to no rest.

Usually, giant sets will target a similar or same muscle group. Although, this is not always the case.

Ex.

3 Sets:

C1): Bench Press

Rest 15s

C2): Dips

Rest 15s

C3): Push-Ups

Rest 1-2 mIn

Reading Tempo:

No matter what combination of 4 numbers are written, you will always read the tempo of any movement the same. Let's start with what that looks like.

Tempo will always be written in a format such as this:

1. Tempo: 30x1
2. T: 30x1
3. @ 30x1
4. (30x1)
5. "Exercise" @ 30x1

During this program, all tempo will be written out as it is in example #5.

Click [HERE](#) for a quick tempo explanation.

Week 1 - Day One

Chest + Tri's + Abs

Warmup:

2 Sets:

60s Cardio of Choice

12 [Dumbbell Rotations off Knee](#) / side

15 [Bench Dips](#)

10 [Dumbbell Chest Flys](#)

Strength Training:

5 Sets:

A): [Bench Press](#):

Set 1: 5 Reps @ 63% of 1RM; Tempo: 31x1

Set 2: 5 Reps @ 65% of 1RM; Tempo: 31x1

Set 3-5: 5 Reps @ 68-73% of 1RM; Tempo: 31x1

Rest 2-3 Min Between Sets

** Finish all 5 sets of A before moving onto B1/B2

3 Sets:

B1): [Strict Dips](#):

6-8 reps @ 7 RPE

Tempo: 21x0

Rest 30s

B2): [Cable Tricep Pushdowns](#)

12-15 Reps @ 7 RPE

Tempo: 21x1

Rest 60-90s

** Finish all 3 sets of B1/B2 before moving on to C1/C2/C3

Continued...

Better Mövment

2-3 Sets:

C1): [Single Arm Dumbbell Bench Press](#)

8-10 Reps / side

Tempo: 31x1

Rest 15s

C2): [Crush Grip DB Skull Crusher](#)

10-12 Reps

Tempo: 21x1

Rest 15s

C3): [Narrow Grip Push-Ups](#)

AMRAP x 20s

Tempo: None

Rest 1-2 Min

Not For Time:

3 Sets:

15 [KB Crush Grip L Crunch](#)

12 [Side Plank Hip Taps](#) / side

10 [Ab Rollouts](#)

Rest as Needed Between Sets

Notes/Modifications:

If you don't have access to a cable machine for the Tricep Push-Downs, you can always modify it to the [Banded Pushdown](#).

Since our upper body is not nearly as strong as our legs, our metabolic conditioning won't be focused on taxing the upper body further. Instead, our focus will be emphasized on our core.

Ab Rollouts are a tricky beast! If you start to feel the Ab Rollout in your back instead of your core, you are most likely extending your back during the movement. Try tucking your ribs to your hips as you extend out with the wheel, or limit the distance you go - traveling only until you feel your core start to lose stability, then back off and restart the rep!

Week 1 - Day Two

Glutes + Hamstrings + Calves

Warmup:

- 2 Sets:
- 60s Cardio of Choice
- 8 [Russian Baby Makers](#)
- 6 [Squat Thoracic Rotations](#)
- 4 [Half Kneeling Kettlebell Windmills](#)

Strength Training:

- 5 Sets:
- A): [Back Squat](#):
- Set 1: 5 Reps @ 63% of 1RM; Tempo: 31x1
- Set 2: 5 Reps @ 65% of 1RM; Tempo: 31x1
- Set 3-5: 5 Reps @ 68-73% of 1RM; Tempo: 31x1
- Rest 2-3 Min Between Sets

** Complete all 5 Sets of A before moving on to B1/B2

- 3 Sets:
- B1): [RDL](#):
- 8 Reps @ 7 RPE;
- Tempo: 31x0
- Rest 30s

- B2): [Dumbbell Long Stepping Lunges](#):
- 16-20 Reps (Total) @ 7 RPE
- Tempo: 20x1
- Rest 1-2 Min

** Finish all 3 sets of B1/B2 before moving on to C1/C2/C3 **

Continued...

2-3 Sets:

C1): [Prone Banded Hamstring Curls](#)

12-15 Reps

Tempo: 3030

Rest 15s

C2): [Single Leg Glute Bridge](#)

8-10 Reps / side

Tempo: 20x2

Rest 15s

C3): [Dumbbell Suitcase Calf Raise](#)

6-8 Reps / side

Tempo: 31x1

Rest 60-90s

Metabolic Conditioning:

Every 90s x 3-4 Rounds:

15s [Row](#) Sprint @ 90% of Max Effort

6 [Alternating Box Step Ups](#)

12 [Russian Kettlebell Swings](#)

Rest As Needed

Every 90s x 3-4 Rounds:

15s [Row](#) Sprint @ 90% of Max Effort

6 [Alternating Curtsy Lunges](#)

12 [KB Sumo Deadlifts](#)

Notes/Modifications:

If you have access to a [Prone Hamstring Curl Machine](#) - you are more than welcome to use that instead of a band.

For your Metabolic Conditioning Segment, set up a timer on your phone (or otherwise) to repeat every 90s. You have 90s to complete 1 round of said conditioning. Whatever time you have left is your “rest” period. Repeat 3-4 rounds of that conditioning segment before resting until you’re ready to start the second series of your metabolic conditioning. If you find that you don’t have enough time to finish all 3 movements per round, you can reduce the reps or lighten the load used.

Week 1 - Day Three

Shoulders + Arms

Warmup:

2 Sets:

60s Cardio of Choice

8 [KB Bottoms Up Press](#) / arm

20 [Meter KB Overhead Carry](#) / arm

25s [Active Bar Hang](#)

Strength Training:

5 Sets:

A): [Shoulder Press](#):

Set 1: 5 Reps @ 63% of 1RM; Tempo: 31x1

Set 2: 5 Reps @ 65% of 1RM; Tempo: 31x1

Set 3-5: 5 Reps @ 68-73% of 1RM; Tempo: 31x1

Rest 2-3 Min Between Sets

** Complete all sets of A before moving onto B1/B2

3 Sets:

B1): [Seated Alternating Arnold Press](#)

16-20 Reps @ 7 RPE

Tempo: 20x1

Rest 30s

B2): [Landmine Meadows Row](#)

8-10 Reps / side @ 7 RPE

Tempo: 21x1

Rest 1-2 Min

** Complete all sets of B1/B2 before moving onto C1/C2

Continued...

2-3 Sets:

C1): [Lu Raise](#)

12-15 Reps

Tempo: 11x1

Rest 15s

C2): [Dumbbell Supinated Front Raise](#)

12-15 Reps

Tempo: 11x1

Rest 15s

C3): [Dumbbell Bent Over Reverse Fly](#)

12-15 Reps

Tempo: 11x1

Rest 60-90s

Muscular Endurance:

Every 60s x 8 Working Sets (4 Sets / side):

4 [Single Arm Dumbbell Strict Press](#)

+

6 [Single Arm Dumbbell Push Press](#)

Immediately Into...

Every 60s x 8 Working Sets (4 Sets / side):

10 [Half Kneeling Dumbbell Snatches](#)

Notes:

For the muscular endurance piece today, you will start out with a Dumbbell Complex. Every 60s, you will complete 4 DB Strict Press and 6 DB Push Press on 1 arm. You will rest for the remainder of the 60s before completing 4 DB Strict Press and 6 DB Push Press on the other arm.

Once you finish all 8 sets (4 sets / arm - or 8 minutes of work), you will immediately complete 10 Half Kneeling Dumbbell Snatches on 1 arm every 60s. Completing these 8 sets the same way you completed the first 8 sets of pressing!

Week 1 - Day Four

Hamstrings + Quads

Warmup:

2 Sets:

60s Cardio of Choice

30s [Wall Sit](#)

20 [Tibial Raises](#)

10 [Banded Assisted Reverse Nordics](#)

Strength Training:

5 Sets:

A): [Deadlift](#):

Set 1: 5 Reps @ 63% of 1RM; Tempo: 31x1

Set 2: 5 Reps @ 65% of 1RM; Tempo: 31x1

Set 3-5: 5 Reps @ 68-73% of 1RM; Tempo: 31x1

Rest 2-3 Min Between Sets

** Finish all 5 sets of A before moving onto B1/B2

3 Sets:

B1): [Goblet Cyclist Squat](#):

12-15 Reps @ 7 RPE

Tempo: 21x1

Rest 30s

B2): [Single Leg Dumbbell RDL](#):

6-8 Reps / side @ 7 RPE

Tempo: 31x0

Rest 1-2 Mins

Finish all 3 sets of B1/B2 before moving on to C1/C2

Continued...

Better Mövment

3 Sets:

C1): [Bulgarian Split Squats](#)

6-8 Reps / leg @ 7 RPE

Tempo: 22x0

Rest 15s

C2): [Seated Dumbbell Good Morning](#)

10-12 Reps

Tempo: 31x1

Rest 30-60s

Metabolic Conditioning:

15 Min AMRAP:

2, 4, 6, 8, 10, 12, etc...

[Goblet Tall Kneel to Stand](#) (R+L=1)

[Rower Hamstring Curls](#)

[Downward Dog Banded Knee Extensions](#)

** 25 [Double Unders](#) OR 40 [Jump Rope](#) Between Sets **

Notes:

You will execute the MetCon by completing 2 (each side) Goblet Tall Kneel to Stands, 2 Rower Hamstring Curls, 2 Downward Dog Banded Knee Extensions before finishing off with the allotted amount of jump rope. You will then restart from the beginning, this time completing 4 reps of each movement, followed by the jump rope. Keep increasing reps by 2 for each movement (except the jump rope) until the 15 minutes is up.

Week 1 - Day Five

Back + Bi's

Warmup:

2 Sets:

60s Cardio of Choice

10 [Scapular Push-Ups](#)

15 [Banded Pull Aparts](#)

8 [Lateral Banded Lat Stretch](#) / side

Strength Supersets:

5 Sets:

A): [Pull-Ups](#):

Set 1: 10 Reps @ 7 RPE; Tempo: 31x1

Set 2: 8 Reps @ 7 RPE; Tempo: 31x1

Set 3-5: 6 Reps @ 7 RPE; Tempo: 31x1

Rest 2-3 Min Between Sets

** Complete all 5 sets of A before moving on to B

3 Sets:

B): [KB Gorilla Rows](#)

20 Reps / Arm

Tempo: 2020

Rest 1-2 Min

** Complete all 3 sets of B before moving on to C1/C2/C3

3 Sets:

C1): [Supinated Grip Barbell Bent Over Row](#)

6-8 Reps

Tempo: 31x1

Rest 15s

Continued...

Better Mövment

C2): [Chainsaw Row](#)

8 Reps / side

Tempo: 21x1

Rest 15s

C3): [Single Arm Face Away Cable Curl](#)

12-15 Reps / arm

Tempo: 30x0

Rest 60-90s

Arm Farm:

2-3 Sets:

15-20 [Wide Grip Lat Pulldowns](#)

8 [Incline YTW's](#) / side

12-15 [Preacher Curls](#)

Rest as Needed

Notes:

You can think of today as a “bodybuilding” or a “Beach” day if you want. We have a lot of different movement variations today targeting (mainly) the Lats, Lower Traps, Delts, and both heads of the biceps. Have fun with it today!

If you are in a commercial gym, or a busy private gym, you don't need to superset/giant set these exercises. Meaning you don't have to do these movements one right after another. I know that trying to bounce from station to station in a busy gym can cause frustration between you and your fellow gym goers for numerous reasons. If this describes your situation, try this instead: Complete all 3 sets of one movement from the superset (even if it's out of order) then move onto completing 3 sets of the next movement. You can repeat this for any and all supersets if necessary.