

Weeks 4-6

Day 1					
Dumbbell Incline	4x8				
Crossover Push Ups	4x30 seconds				
Body Weight Row	4x8				
Chin Ups (underhand grip)	4x10				
Decline Bench	4x8				
Weighted Dips	4x10				
Seated Row	4x8				
Deadlift	4x5				
Fan Bike					
Battle Rope					

Day 2	This could be done at home				
Alternating Dumbbell Press (Home)	4x8				
Jump Shrug (Home)	4x8				
Barbell Curl	4x8				
Bench Dips	4x8				
3-Way Dumbbell Fly	4x4 each				
Dumbbell Iso Curls	4x8				
Barbell Tricep Extension	4x8				
Pool					
6x50M sprint	6x50				
Squat Jumps	3x10				
Tread Water	3x30sec				

Day 3	This could be done at home				
Split Squat (Home Unweighted)	4x8 each				
Squat Jumps (home) Squat, Jump, Pull knees up)	4x10				
Alternating Dumbbell Bench	4x8 each				
Lat Pull Down	4x8				
Side Lunge	4x8 each				
Dumbbell Power Step Ups	4x8 each				
Dumbbell Chest Fly	4x8				
Dumbbell Row	4x8				
Medicine Ball					
Squat W Raise	2x20				
Lunge W Twist	2x20				
Kettle Bell					
Two Handed Swing	2x15				
Pool					
6x50M sprint	6x50				
Squat Jumps	3x10				
Tread Water	3x30sec				

Day 4					
Military Press	4x8				
Dumbbell Iso Preacher Curl	4x8				
Dumbbell Shrug	4x8				
Skullcrusher	4x8				
Barbell Curl	4x8				
Weighted Dips	4x8				

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Skullcrusher	4x8				
Barbell Curl	4x8				
Weighted Dips	4x8				

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Weeks 1-3

Weeks 1-3

Day 1

- FLY
- Modular Chest Press
- Bent-over Row (underhand grip)
- Lat Pulldown (overhand grip)
- Incline Bench (Shoulder Press)
- Dips (Use 2 Small Benches)
- Back Extension (Swiss Ball)
- Deadlift or pullthroughs or dumbbell lift
- Bike
- Treadmill

3x5
3x10
3x5
3x8
3x5
3x8
3x10
3x5
2 Mile
10 Min

Day 1

- FLY
- Modular Chest Press
- Bent-over Row (underhand grip)
- Lat Pulldown (overhand grip)
- Incline Bench (Shoulder Press)
- Dips (Use 2 Small Benches)
- Back Extension (Swiss Ball)
- Deadlift or pullthroughs or dumbbell lift
- Bike
- Treadmill

3x5
3x10
3x5
3x8
3x5
3x8
3x10
3x5
2 Mile
10 Min

Day 2

- Military Press
- Dumbbell Shrugs
- Barbell Curl
- Skullcrushers
- 3-way Dumbbell Fly (front, side, bentover)
- Dumbbell Iso Curls (Bench upright holding one center)
- Dumbbell Tricep Extension (one bell overhead center)
- Bike
- Treadmill

3x8
3x8
4x6
4x6
3x4 each
3x8
3x8
2 Mile
10 Min

Day 2

- Military Press
- Dumbbell Shrugs
- Barbell Curl
- Skullcrushers
- 3-way Dumbbell Fly (front, side, bentover)
- Dumbbell Iso Curls (Bench upright holding one center)
- Dumbbell Tricep Extension (one bell overhead center)
- Bike
- Treadmill

3x8
3x8
4x6
4x6
3x4 each
3x8
3x8
2 Mile
10 Min

Day 3

- Squat
- Seated Leg Curl
- Seated Leg Extension
- Modular Chest Press
- Dual Axis Row Rear Delt Cable
- Lunges (GO LIGHT)
- Dumbbell Step Ups
- Cable Chest Fly
- Dumbbell Row

3x10
3x10
3x5
3x8
3x5 each
3x8 each
3x5
3x8

Bike

4 Mile

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Day 3

- Squat
- Seated Leg Curl
- Seated Leg Extension
- Modular Chest Press
- Dual Axis Row Rear Delt Cable
- Lunges (GO LIGHT)
- Dumbbell Step Ups
- Cable Chest Fly
- Dumbbell Row

3x10
3x10
3x5
3x8
3x5 each
3x8 each
3x5
3x8

Bike

4 Mile

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Day 4

- Shoulder Press (elbows Out)
- Chin Ups (underhand grip)
- Barbell Shrug
- Tricep Pull Down (front of hips)
- Preacher Curl
- Dips (Use two Small Benches)

3x5
3x5
3x8
3x8
3x8
3x8

Bike

2 Mile

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Treadmill

10 Min

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Day 4

- Shoulder Press (elbows Out)
- Chin Ups (underhand grip)
- Barbell Shrug
- Tricep Pull Down (front of hips)
- Preacher Curl
- Dips (Use two Small Benches)

3x5
3x5
3x8
3x8
3x8
3x8

Bike

2 Mile

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Treadmill

10 Min

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Indicates a super-set. Do these exercises back-to-back.

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⌋ Deadlift	4x5				

Day 2

This could be done at home

⌋ Alternating Dumbbell Press (Home)	4x8				
⌋ Jump Shrug (Home)	4x8				
⌋ Barbell Curl	4x8				
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⌋ Weighted Dips	4x8				

⌋ Indicates a super-set. Do these exercises back-to-back.

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