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A woman with a headband and ponytail is leaning over a wooden box in a gym, holding two dumbbells. The gym is filled with equipment like a rack of dumbbells and a pull-up station. A flag with a yellow star and red and white stripes is hanging on the wall. A bright light source creates a lens flare effect in the upper right corner.

Lighthouse

Standing strong in the storm

4-Week Training Program



the Lighthouse

For centuries, it has stood as a strong symbol of hope. Through the worst of storms, its light shines through. On the coldest night, it promises warmth and safety. It's a reminder of how we can best navigate, especially in times of difficulty and uncertainty.

Resilient and protective. It does not judge those who are lost or uncertain, but stands strong and steadfast. How many of us desire to be just that for our families, friends and community?

Before you can be the lighthouse, you have to turn and face the storm. You have to lean into it, stand firm, and do the work.

Be consistently present over these next four weeks - and watch how this quiet consistency changes so much of your life. From being more dedicated at work to being more present in your relationships, you'll create a foundation that is strong enough to withstand.

The goal of this minimal equipment program is to help you *make* the time to strengthen yourself - *no excuses*. All you need is a few sets of dumbbells, kettlebells and a box (or bench).

Show up for the people in your life who depend on you. Show up for yourself. Build yourself into a strong tower.

Anyone can portray strength in calm seas and blue skies. Few actually possess the strength necessary to weather the storm, withstand the waves and push through the darkness.

Life isn't easy – it isn't supposed to be. It's supposed to be hard, bend you, shape you, teach you, chip away and take you to your knees.

Embrace hard work. Build – don't break. Be the light through the storm for those you love.



Welcome to Lighthouse

Over the next four weeks of this training program, you'll notice that the reps decrease from 10 reps to 8-10 reps and then to 6-8 reps on certain exercises. Strive to increase the weight used from week to week, especially on the exercises where the rep range changes.

To continue to challenge and set yourself up for success, make sure you also log your weights, reps, and sets for each exercise so you know how much you lifted last time and if you're making progress.



CHEST, SHOULDERS & TRICEPS

A.**4 sets:**

Dumbbell Bench Press x 10
(Rest: 45 sec. in between sets)

B.**3 sets:**

Incline Dumbbell Bench Press x 8-10
Floor Dumbbell Flys x 10-12
Dumbbell Overhead Tricep Extension x 8-10
(Rest 60-90 sec. in between sets)

C.**3 sets:**

Standing Dumbbell Shoulder Press x 8-10
Dumbbell Lateral Raise x 10-12
Dumbbell Tricep Kickbacks x 10-12
(Rest 60-90 sec. in between sets)

D.**3 sets:**

Dumbbell Floor Hex Press x 8-10
Bodyweight Bench Dips x 12-15
Pushups x 10-12
(Rest 60-90 sec. in between sets)



LEGS & CORE

A.**4 sets:**

Dumbbell Goblet Squat x 10
Dumbbell Stiff-Leg Deadlift x 10
(Rest 45 sec. in between sets)

B.**3 sets:**

Dumbbell Step Back Lunge x 10-12 ea. side
Single Leg Single Kettlebell Deadlift x 8-10 ea. side
Dumbbell Thruster x 10
(Rest 60-90 sec. in between sets)

C.**3 sets:**

Box Step-Ups x 20 (10 ea. side)
Run x 200 meters
Kettlebell Swing x 10
(Rest 60-90 sec. in between sets)

D.**3 sets:**

Sit-Ups x 10
Dumbbell Farmers Carry x 50 meters
(Rest 45 sec. in between sets)

**BACK & BICEPS****A.****4 sets:**

Dumbbell Bent Over Row x 10-12

Dumbbell Pullover x 10-12

Dumbbell Hammer Curls x 10-12

(Rest 60-90 sec. in between sets)

B.**3 sets:**

Single-Arm Dumbbell Row x 10-12 ea. side

Dumbbell Bicep Curls x 10-12 ea. side

Dumbbell Drag Curls x 10-12

(Rest 60-90 sec. in between sets)

C.**3 sets:**

Renegade Row x 6 ea. side

Dumbbell Power Cleans x 12

Plank x 60 sec.

(Rest 60-90 sec. in between sets)

**LEGS****A.****4 sets:**

Kettlebell or Dumbbell Front Rack Squat x 10
(Rest 45 sec. in between sets)

B.**3 sets:**

Dumbbell Hip Thrust x 10-12
Bulgarian Split Squats x 10-12 ea. side
Single Leg Single Kettlebell Deadlift x 8-10 ea. side
(Rest 60-90 sec. in between sets)

C.**3 rounds:**

(No rest in between rounds)

Box Step-Ups x 10
Single Dumbbell Good Morning x 12-15
Lateral Burpee Over Dumbbell x 10
Windmill x 5 ea. side

**In between rounds, complete a:*

Dual Kettlebell or Dumbbell Front Rack Carry x 50 meters

WEEK 1



FRIDAY

FULLBODY (OPTIONAL)

A.

5 rounds:

Dumbbell Front Squat x 10

Dumbbell Push Press x 10

Single-Arm Dumbbell Snatch x 10 ea. side

Plank with Dumbbell Drag x 10

Russian Twist x 10

(Rest as needed)

**CHEST, SHOULDERS & TRICEPS****A.****4 sets:**

Dumbbell Bench Press x 8-10

Pushups x 10

(Rest 45 sec. in between sets)

B.**3 sets:**

Incline Dumbbell Bench Press x 8-10

Standing Dumbbell Alternating Shoulder Press x 8-10 ea. side

Dumbbell Oblique Side Bend x 6 ea. side

(Rest 60-90 sec. in between sets)

C.**3 sets:**

Floor Dumbbell Flys x 10-12

Dumbbell Lateral Raise x 10-12

Bent-Over Reverse Dumbbell Fly x 12-15

Dumbbell Tate Press x 12-15

(Rest 60-90 sec. in between sets)

D.**FINISHER - 3 rounds:**

Run x 200 meters

Kettlebell Swing x 10

Burpee x 10

**LEGS & CORE****A.****4 sets:**

Front Rack Dumbbell Squat x 10

*immediately into:

Dumbbell Overhead Carry x 30 sec.

(Rest 45 sec. in between sets)

B.**3 sets:**

Box Step-Ups x 10-12 ea. side

Dumbbell Step Back Lunges x 10 ea. side

Dumbbell Hip Thrust x 12-15

(Rest 60-90 sec. in between sets)

C.**3 sets:**

Dumbbell Lateral Lunge x 10 ea. side

Plie' Dumbbell Squat x 10

Standing Dumbbell Calf Raises x 10

(Rest 60-90 sec. in between sets)

D.**2 sets:**

Side Planks x 20 sec. ea. side

(Rest 45 sec. in between sets)

**BACK & BICEPS****A.****4 sets:**

Single-Arm Dumbbell Row x 10
Dumbbell Pullover x 10-12
Concentration Curls x 10-12 ea. side
(Rest 60-90 sec. in between sets)

B.**3 sets:**

Kettlebell or Dumbbell Gorilla Row x 10-12 ea. side
Seated Alternating Hammer Curls x 8-10 ea. side
*immediately into:
Seated Simultaneous Hammer Curls x 10-12 ea. side
(Rest 60-90 sec. in between sets)

C.**3 rounds:**

Burpee to Target x 6
Plank Shoulder Taps x 12 (6 ea. side)
Dumbbell Thruster x 12
(Rest as needed)

**LEGS****A.****4 sets:**

Dumbbell Stiff-Leg Deadlifts x 10
Dumbbell Walking Lunges x 20 (10 ea. side)
(Rest 45 sec. in between sets)

B.**3 sets:**

Sumo Squat x 12
Dumbbell Reverse Lunge x 10 ea. side
Single Leg Single Kettlebell Deadlift x 8-10 ea. side
(Rest 60-90 sec. in between sets)

C.**3 rounds:**

(No rest in between rounds)

Run x 200 meters
Kettlebell Swings x 10
Dumbbell Hang Clean x 12

**In between rounds, complete:*

Windmill x 6 ea. side

**FULLBODY (OPTIONAL)****A.****5 min. AMRAP:**

(As many rounds as possible in 5 min.)

Kettlebell Swings x 10

Dumbbell Sumo Deadlift High Pull x 10

B.**5 min. AMRAP:**

Pushups x 10

Dumbbell Bent Over Row x 10

C.**5 min. AMRAP:**

Dumbbell Squat to Press x 10

Burpee x 10

D.**5 min. AMRAP:**

Dumbbell Russian Twist x 16

Glute Bridge x 10

**Rest 2 min. in between each AMRAP*

**CHEST, BACK & CORE****A.****4 sets:**

Single Arm Dumbbell Bench Press x 8-10
(Rest 45 sec. in between sets)

B.**3 sets:**

Close Grip Dumbbell Bench Press x 8-10
Dumbbell Bent Over Rows x 10-12
Sit-Ups x 10
(Rest 60-90 sec. in between sets)

C.**3 sets:**

Floor Dumbbell Flys x 10-12
Bent Over Rear Delt Fly x 10-12
Dumbbell Pullover x 10-12
(Rest 60-90 sec. in between sets)

D.**3 sets:**

Dumbbell Good Morning x 15
Toes to Kettlebell x 12
(Rest 45 sec. in between sets)

**LEGS****A.****3 sets:**

Weighted Walking Lunges x 20 (10 ea. side)

Dumbbell Thrusters x 10

Weighted Burpee x 8 (no jumping, just stand)

(Rest 60-90 sec. in between sets)

B.**3 sets:**

Dumbbell Hip Thrust x 12

Bulgarian Split Squat x 10-12 ea. side

Turkish Get-Up x 4 ea. side

(Rest 60-90 sec. in between sets)

C.**2 sets:**

Dumbbell Lateral Lunge x 10 ea. side

*Contralateral Dumbbell Overhead Step Up x 10 ea. side

(Rest 45 sec. in between sets)

**(e.g. dumbbell overhead in right hand, left leg steps up. Complete all 10 reps on one side before switching to the other side.)*

**SHOULDERS & ARMS****A.****4 sets:**

Dumbbell Push Press x 12
Dumbbell Lateral Raise x 15
Dumbbell Upright Row x to failure
(Rest 60-90 sec. in between sets)

B.**3 sets:**

Dumbbell Arnold Press x 10-12
Dumbbell Front Raise to Pull Apart x 10
Dumbbell Hammer Curls x 10
(Rest 60-90 sec. in between sets)

C.**3 sets:**

Seated Dumbbell Bicep Curls x 10-12
Standing Overhead Dumbbell Tricep Extension x 10-12
Dumbbell Tricep Kickbacks x 10-12
Kettlebell Deadbug x 10 ea. side
(Rest 60-90 sec. in between sets)



LEGS & CORE

A.

4 sets:

Front Rack Dumbbell Squat x 10

*immediately into:

Single Arm Kettlebell Suitcase Deadlift x 8 ea. side

(Rest 45 sec. in between sets)

B.

3 sets:

Kneeling Kettlebell Windmill x 6 ea. side

Weighted Box Step-Up x 10 ea. side

Plie' Squats x 12-15

(Rest 60-90 sec. in between sets)

C.

3 sets:

Single Arm Kettlebell Overhead Carry x 20 sec. each side

Single Arm Dumbbell Snatch x 10 ea. side

Single Leg Single Kettlebell Deadlift x 8-10 ea. side

(Rest 60-90 sec. in between sets)

D.

FINISHER:

Wall Sit x 60 sec.

WEEK 3



FRIDAY

FULLBODY (OPTIONAL)

A.

20 min. AMRAP:

(As many rounds as possible in 20 minutes)

Dumbbell Push Press x 20

Burpee to Target x 10

Box Jump Overs x 20

**CHEST, BACK & CORE****A.****4 sets:**

Dumbbell Bench Press x 6-8 (heavy)
Single-Arm Dumbbell Row x 8-10
(Rest 45 sec. in between sets)

B.**3 sets:**

Floor Dumbbell Flys x 10-12
Dumbbell Pullover x 10-12
Walking Planks x 20 (10 ea. side)
(Rest 60-90 sec. in between sets)

C.**3 sets:**

Pushup x 10-12
Renegade Row x 8 ea. side
Dips on Bench x to failure
(Rest 60-90 sec. in between sets)

D.**4 rounds:**

Run x 200 meters
(Rest 2 min. in between rounds)

**LEGS****A.****4 sets:**

Front Rack Dumbbell Squat x 10
Dumbbell Reverse Lunges x 20 (10 ea. side)
(Rest 45 sec. in between sets)

B.**3 sets:**

Dumbbell Stiff Leg Deadlift x 10-12
Bulgarian Split Squat x 10 ea. side
Dumbbell Hip Thrust x 10-12
(Rest 60-90 sec. in between sets)

C.**3 rounds:**

(No rest in between rounds)

Single Leg Single Kettlebell Deadlift x 8 ea. side
Weighted Burpee (no jumping, just stand) x 8
Jumping Squat x 10

**In between rounds, complete:*

Dumbbell Farmers Carry x 50 meters

**SHOULDERS & ARMS****A.****4 sets:**

Dumbbell Push Press x 10
Half Kneeling Bottom Up Kettlebell Press x 8 ea. side
(Rest 45 sec. in between sets)

B.**3 sets:**

Dumbbell Thruster x 10-12
Dumbbell Lateral Raise x 10
Dumbbell Front Raise to Pull Apart x 10
(Rest 60-90 sec. in between sets)

C.**3 sets:**

Dumbbell Bicep Curls x 10-12
Single-Arm Bent Over Dumbbell Tricep Kickback x 10-12
Dumbbell Crossbody Hammer Curls x to 10-12 ea. side
Floor Dumbbell Skull Crusher x 10-12
Mountain Climbers x 24 (12 ea. side)
(Rest 60-90 sec. in between sets)

**LEGS & CORE****A.****3 sets:**

Dumbbell Goblet Squat x 10
Dumbbell Walking Lunges x 20 (10 ea. side)
(Rest 45 sec. in between sets)

B.**3 sets:**

Dumbbell Stiff-Leg Deadlift x 10-12
Dumbbell Walking Lunges x 20 (10 ea. side)
(Rest 45 sec. in between sets)

C.**3 rounds:**

(No rest in between rounds)

Box Jumps x 10
Run x 200 meters
Kettlebell Swings x 10

**In between rounds, complete:*

Turkish Get-Up x 2 ea. side

**FULLBODY (OPTIONAL)****A.****3 rounds:**

Run x 200 meters

Weighted Box Step-Up x 10 (total)

Kettlebell Swings x 10

Pushup x 10

Sit-Up x 10

Dumbbell Push Press x 10

Box Jump Overs x 10

Dual Dumbbell Overhead Carry x 50 meters

Run x 200 meters

(Rest as needed)

I hope you were able to hang in there on the rough days,
ride the high of the good days,
And weather the soreness and fatigue on the tough days.

Because, whether it's training or it's just life, the only thing
you can control is *yourself*. How you respond to adversity,
what you do when obstacles rear their ugly head, how
prepared you are for life... It all boils down to what you've
done to equip yourself, physically and mentally.

So, build - don't break. Continue to pursue changes and
challenges. You know now that you are capable of pushing
through your doubts to overcome more than you
previously thought possible.

I hope you're proud of all of your hard work and you
continue to chase your potential!

If you liked Lighthouse, be sure to check out my other
programs like Bedrock on cortneyrohdefitness.com.

Lighthouse

