**General Fitness/Hypertrophy**

Push/Pull

Template of Push/Pull

|  |  |
| --- | --- |
| Day 1 | Day 2 |
| UB Horizontal Push | UB Horizontal Pull |
| UB Vertical Push | UB Vertical Pull |
| LB Horizontal Push | LB Horizontal Pull |
| LB Vertical Push | LB Vertical Pull |
| Arm Push | Glute Work |
| Calf Push | Calves |
| Core | Core |
| Core | Core |

|  |  |
| --- | --- |
| Day 1 | Sets x Reps |
| Bench Press | 3x4 |
| DB Shoulder Press | 3x8 |
| Squat | 3x4 |
| Leg Press | 3x8 |
| Tricep Extensions | 3x12 |
| Standing Calf Raises | 3x12 |
| Planks | 3x60s |
| Farmers Carries to the Side | 3x10 |

|  |  |
| --- | --- |
| Day 2 | Sets x Reps |
| Pull Ups/Wide Lat Pulldowns | 3x8 |
| Close Grip Row | 3x8 |
| RDL | 3x8 |
| Hamstring Curls | 3x8 |
| Glute Press or Lunges | 3x12 |
| Seated Calf Raises | 3x12 |
| Glute Bridges | 3x12 |
| Side Planks | 3x:30s |

|  |  |
| --- | --- |
| Day 1 | Sets x Reps |
| Incline Bench Press | 3x4 |
| BB Shoulder Press | 3x8 |
| Front Squat or Goblet Squat | 3x4 |
| Leg Extensions | 3x8 |
| Bicep Curls | 3x12 |
| Standing Calf Raises | 3x12 |
| Planks | 3x60s |
| Farmers Carries to the Side | 3x10 |

|  |  |
| --- | --- |
| Day 2 | Sets x Reps |
| Close Grip Pulldowns | 3x8 |
| Wide Grip Row | 3x8 |
| Single Leg RDL | 3x8 |
| Hamstring Curls | 3x8 |
| Glute Press or Lunges | 3x12 |
| Seated Calf Raises | 3x12 |
| Single Leg Glute Bridges | 3x12 |
| Side Planks | 3x:30s |

Upper Body/Lower Body

Template:

|  |  |
| --- | --- |
| Day 1 | Day 2 |
| UB Horizontal Push | LB Horizontal Push |
| UB Vertical Push | LB Vertical Push |
| UB Horizontal Pull | LB Horizontal Pull |
| UB Vertical Pull | LB Vertical Pull |
| Arm Pull | Glute Work |
| Arm Push | Calves |
| Core | Core |
| Core | Core |

|  |  |
| --- | --- |
| Day 1 | Sets x Reps |
| Bench Press | 3x8 |
| DB Shoulder Press | 3x8 |
| Pull Ups or Lat Pulldowns | 3x8 |
| Close Grip Row | 3x8 |
| Tricep Pulldowns | 3x8 |
| DB Bicep Curls | 3x8 |
| Planks | 3x60s |
| Farmers Carries to the Side | 3x10 |

|  |  |
| --- | --- |
| Day 2 | Sets x Reps |
| Squat | 3x8 |
| Leg Extensions | 3x8 |
| RDL | 3x8 |
| Hamstring Curls | 3x8 |
| Glute Press or Lunges | 3x8 |
| Seated Calf Raises | 3x8 |
| Glute Bridges | 3x8 |
| Side Planks | 3x30s |

|  |  |
| --- | --- |
| Day 1 | Sets x Reps |
| Incline Bench Press | 3x4 |
| DB Lateral Raises | 3x8 |
| Close Grip Pulldowns | 3x4 |
| Wide Grip Row | 3x8 |
| Tricep Extensions | 3x8 |
| Hammer Curls | 3x8 |
| Planks | 3x60s |
| Farmers Carries to the Side | 3x10 |

|  |  |
| --- | --- |
| Day 2 | Sets x Reps |
| Front Squat/Goblet Squat | 3x8 |
| Lunges | 3x8 |
| Single Leg RDL | 3x8 |
| Hamstring Curls | 3x8 |
| Single Leg Glute Bridges | 3x12 |
| Standing Calf Raises | 3x12 |
| Birddogs | 3x12 |
| Side Planks | 3x:30s |

**Strength**

Preparatory Period (2 weeks)🡪Hypertrophy/Strength Endurance Phase (2 weeks)🡪Strength Phase (3 weeks)

**Week 1**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Squat | 75 | 3 | 12 | 90 sec |
| Lunges | 75 | 3 | 12 | 90 sec |
| Split Squats | 75 | 3 | 12 | 90 sec |
| RDL | 75 | 3 | 12 | 90 sec |
| Hamstring Curls | 75 | 3 | 12 | 90 sec |
| Planks | - | 3 | 1:00 or until failure | 90 sec |
| KB Marches | 75 | 3 | 12 | 90 sec |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB or DB) | 75 | 3 | 12 | 90 sec |
| Shoulder Press (BB or DB) | 75 | 3 | 12 | 90 sec |
| Lat Pulldown | 75 | 3 | 12 | 90 sec |
| Close Grip Row | 75 | 3 | 12 | 90 sec |
| DB Row | 75 | 3 | 12 | 90 sec |
| Lateral Raises | 75 | 3 | 12 | 90 sec |
| Tricep Extensions or Pulldowns | 75 | 3 | 12 | 90 sec |

**Week 2**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Goblet or Front Squat | 75 | 4 | 12 | 90 sec |
| Bulgarian Split Squat | 75 | 4 | 12 | 90 sec |
| Leg Extensions | 75 | 4 | 12 | 90 sec |
| Glute Press | 75 | 4 | 12 | 90 sec |
| Hyperextensions | 75 | 4 | 12 | 90 sec |
| Seated or Standing Calf Raises | 75 | 4 | 12 | 90 sec |
| Side Planks | 75 | 4 | 12 | 90 sec |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB or DB) | 75 | 3 | 12 | 90 sec |
| Shoulder Press (BB or DB) | 75 | 3 | 12 | 90 sec |
| Reverse Grip Lat Pulldown | 75 | 3 | 12 | 90 sec |
| Wide Grip Row | 75 | 3 | 12 | 90 sec |
| Shrugs | 75 | 3 | 12 | 90 sec |
| Front Raises | 75 | 3 | 12 | 90 sec |
| Bicep Curls | 75 | 3 | 12 | 90 sec |

**Week 3**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Goblet or Front Squat | 80 | 4 | 8-12 | 60 sec |
| Bulgarian Split Squat | 80 | 4 | 8-12 | 60 sec |
| Leg Extensions | 80 | 4 | 8-12 | 60 sec |
| Glute Press | 80 | 4 | 8-12 | 60 sec |
| Hyperextensions | 80 | 4 | 8-12 | 60 sec |
| Seated or Standing Calf Raises | 80 | 4 | 8-12 | 60 sec |
| Side Planks | 80 | 4 | 8-12 | 60 sec |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB or DB) | 80 | 4 | 8-12 | 60 sec |
| Shoulder Press (BB or DB) | 80 | 4 | 8-12 | 60 sec |
| Reverse Grip Lat Pulldown | 80 | 4 | 8-12 | 60 sec |
| Wide Grip Row | 80 | 4 | 8-12 | 60 sec |
| Shrugs | 80 | 4 | 8-12 | 60 sec |
| Front Raises | 80 | 4 | 8-12 | 60 sec |
| Bicep Curls | 80 | 4 | 8-12 | 60 sec |

**Week 4:**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Squat | 80 | 5 | 8-12 | 60 sec |
| Lunges | 80 | 5 | 8-12 | 60 sec |
| Split Squats | 80 | 5 | 8-12 | 60 sec |
| RDL | 80 | 5 | 8-12 | 60 sec |
| Hamstring Curls | 80 | 5 | 8-12 | 60 sec |
| Planks | - | 5 | 1:00 or until failure | 90 sec |
| KB Marches | 75 | 5 | 12 | 90 sec |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB or DB) | 80 | 5 | 8-12 | 60 sec |
| Shoulder Press (BB or DB) | 80 | 5 | 8-12 | 60 sec |
| Lat Pulldown | 80 | 5 | 8-12 | 60 sec |
| Close Grip Row | 80 | 5 | 8-12 | 60 sec |
| DB Row | 80 | 5 | 8-12 | 60 sec |
| Lateral Raises | 80 | 5 | 8-12 | 60 sec |
| Tricep Extensions or Pulldowns | 80 | 5 | 8-12 | 60 sec |

**Week 5**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Squat | 90 | 3 | 5 | 2-5 min |
| Lunges | 75 | 3 | 12 | 90 sec |
| RDL | 75 | 3 | 12 | 90 sec |
| Hamstring Curls | 75 | 3 | 12 | 90 sec |
| Planks | - | 3 | 2:00 or until failure | 90 sec |
| KB Marches | 75 | 3 | 12 | 90 sec |
| Birddogs | - | 3 | 15 |  |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB) | 90 | 3 | 5 | 2-5 min |
| Shoulder Press (BB) | 75 | 3 | 12 | 90 sec |
| Lat Pulldown | 75 | 3 | 12 | 90 sec |
| Close Grip Row | 75 | 3 | 12 | 90 sec |
| DB Row | 75 | 3 | 12 | 90 sec |
| Lateral Raises | 75 | 3 | 12 | 90 sec |
| Tricep Extensions or Pulldowns | 75 | 3 | 12 | 90 sec |

**Week 6**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Squat | 95 | 3 | 2-3 | 2-5 min |
| Bulgarian Split Squat | 80 | 3 | 8 | 90 sec |
| Leg Extensions | 80 | 3 | 8 | 90 sec |
| Glute Press | 80 | 3 | 8 | 90 sec |
| Hyperextensions | 80 | 3 | 8 | 90 sec |
| Seated or Standing Calf Raises | 80 | 3 | 8 | 90 sec |
| Side Planks | 80 | 3 | 8 | 90 sec |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB) | 95 | 3 | 2-3 | 2-5 mins |
| Shoulder Press BB | 80 | 3 | 8 | 60 sec |
| Reverse Grip Lat Pulldown | 80 | 3 | 8 | 60 sec |
| Wide Grip Row | 80 | 3 | 8 | 60 sec |
| Shrugs | 80 | 3 | 8 | 60 sec |
| Front Raises | 80 | 3 | 8 | 60 sec |
| Bicep Curls | 80 | 3 | 8 | 60 sec |

**Week 7**

Day 1:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Squat | 98-100 | 3 | 3, 2, 1 | 2-5 min |
| Lunges | 85-90 | 3 | 4 | 90 sec |
| RDL | 85-90 | 3 | 4 | 90 sec |
| Hamstring Curls | 85-90 | 3 | 4 | 90 sec |
| Planks | - | 3 | 2:00 or until failure | 90 sec |
| KB Marches | 75 | 3 | 12 | 90 sec |
| Birddogs | - | 3 | 15 |  |

Day 2:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Intensity | Sets | Reps | Rest Periods |
| Bench (BB) | 98-100 | 3 | 3, 2, 1 | 2-5 min |
| Shoulder Press (BB) | 85-90 | 3 | 4 | 90 sec |
| Lat Pulldown | 85-90 | 3 | 4 | 90 sec |
| Close Grip Row | 85-90 | 3 | 4 | 90 sec |
| DB Row | 85-90 | 3 | 4 | 90 sec |
| Lateral Raises | 85-90 | 3 | 4 | 90 sec |
| Tricep Extensions or Pulldowns | 85-90 | 3 | 4 | 90 sec |