

RISE UP - ASCEND - BELIEVE - ACHIEVE



4 - Week Starter Plan

Week	One	Two	Three	Four
MON	4x7 -Dumbbell Overhead Press 4x10 -Lat Pull Down 4x10 -Dumbbell Shrug 4x10 -Straight Bar Bicep Curl	4x7 -Barbell Overhead Press 3x8 -Pullups 4x10 -Lateral Dumbbell Raises 4x10 -Dumbbell Hammer Curls	4x7 -Machine Press 4x10 -Close Grip Lat Pull downs 4x10 -Front Dumbbell Raises 4x10 -EZ Bar Curls	5x5 -Dumbbell Overhead Press 3x8 -Lat Pull Downs 3x8 -Barbell Shrugs 3x8 -Dumbbell Concentration Curls
TUES	4x7 -Back Squats 3x8 -Dumbbell Lunges 4x10 -Leg Extensions	4x7 -Back Squats 3x8 -Single Leg Dumbbell Deadlifts 4x10 -Leg Curls	4x7 -Back Squats 3x8 -Reverse Dumbbell Lunges 4x10 -Leg Extensions	5x5 -Back Squats 3x8 -Romanian Straight Leg Deadlift 3x8 -Leg Press
WED	Run or Bike or Swim 3x20 -Crunches 3x5 -Toes to Bar	Circuit: 30 -Second Plank 15 -V Sit-ups 30 -Seconds Superman	Run or Bike or Swim 3x20 -Crunches 3x5 -Toes to Bar	Circuit: 3 Rounds 20 -Calorie Row 45 -Second Plank 5 -Burpees
THURS	4x7 -Dumbbell Bench Press 4x10 -Bent Over Barbell Row 4x10 -Tricep Pushdowns	4x7 -Incline Dumbbell Bench Press 4x10 -Single Arm Dumbbell Rows 3x8 -Dips	4x7 -Dumbbell Bench Press 4x10 -Cable Rows 4x10 -Rope Tricep Pushdowns	5x5 -Incline Dumbbell Bench Press 3x8 -Bent Over Barbell Rows 3x8 -Tricep Pushdowns
FRI	4x7 -Barbell Deadlifts 3x10 -Barbell Front Squat 3x10 -Leg Extensions	4x7 -Straight Leg Dumbbell Deadlifts 3x10 -Goblet Squats 3x10 -Single Leg Extensions	4x7 -Hexbar Deadlifts 3x10 -Kettlebell Swings 3x10 -Leg Extensions	5x5 -Barbell Deadlifts 3x7 -Barbell Front Squat 3x8 -Single Leg Extensions

SAT	45 Jumping Jacks 15 Air Squats 5 Squat Jumps 20 Russian Twists	30 Second Plank 10 Standing Calf Raises 5 Kneeling Pushups 30 Seconds Superman Hold	10 Lunges (each leg) 40 Crunches 20 Leg Lift Flutters 10 Lunge Jumps (each leg)	45 Mountain Climbers 15 Air Squats 5 Squat Jumps 5 Toes to Bar
SUN	10-30 minute: Run or Bike or Swim	10-30 minute: Run or Bike or Swim	10-30 minute: Run or Bike or Swim	10-30 minute: Run or Bike or Swim

“Today is victory over yourself of yesterday; tomorrow is your victory over lesser men.”

- Miyamoto Musashi