



WARM UP

8:00 cap

Monday 2:00 machine
 Wednesday 2:00 banded leg press
 Friday 2:00 jump rope / jumping jacks

3 Rds
 7x Ring row/Rx pull up
 + 7x Push up (full plank, blue band/bar)
 7x Air squat

MONDAY



LEGS – PC (Even weeks)

3 Rds (all UB), as a superset*
 6 x BB DL
 12 x ea Sngl Leg DB RDL, (scale to staggered stance)
 25 x Glute bridge (wt'd if 25x to full extension UB)



LEGS – AC (Odd weeks)

3 Rds (all UB), as a superset*
 6 x BB FS
 12 x Heel elevated goblet squat (single DB/KB)
 25 x WL steps- If UB, ok to load



SHOULDERS

3 Rds (all UB), as a superset*
 6 x Seated (box/bench) DB strict press
 12 x BB PP
 25 x DB lateral raise (banded upright row for substitution)

TIME PERMITTING – CORE CREDIT

3 x 12 DB/KB Russian Twist
 3x 20 sit ups

WEDNESDAY



CHEST

3 Rds (all UB), as a superset*
 6 x BP (same load across, coaches spot)
 12 x DB incline press/fly (floor -wall ball)
 25 x push-ups – full plank, no knees. For regressions: blue band or less, bar for scaling. Deficit on yoga blocks, DB's, balls for progressions.



BICEPS

3 Rds (all UB), as a superset*
 6 x rope pull
 12 x incline DB bicep curl (benches on 12" boxes)
 25 x banded biceps curls

TIME PERMITTING – CORE CREDIT

3 x 150' ea side carry – farmer or lateral rack
 3x 20 sit ups

FRIDAY



BACK

3 Rds (all UB), as a superset*
 6 ea x DB Bent over row
 12 x DB pull over (bench/floor)
 25 x L-Sit (floor), banded retractions



TRICEPS

3 Rds (all UB), as a superset*
 6 x DB triceps extension/skull crusher (bench)
 12 x Diamond pushups (full plank, blue band or less, or bar)
 25 x Banded triceps extension

TIME PERMITTING – CORE CREDIT

3 x 12 sit-ups
 3 x 12 weighted sit-ups (plate overhead)

***Superset: No rest between unbroken sets of the UB 6-12-25 rep exercises.
 Mandatory 2-3:00 rest between each of the 3 rounds.
 Start July 6, 2026. 4 weeks on, 1 week off x 3 cycles.**