

NATTBFIT GUIDE

**6 WEEK
FULL BODY
PROGRAM**



Who Am I And Why Did I Make This Guide?

Hi! Thank you for purchasing my guide – before we get started let me introduce myself, and tell you a bit more about why I created this guide. I am Natalie Bally, a 20-year-old Health Science Major at OSU with a minor in Human Nutrition. I am also an ACE CPT and have been training women in person and online for the past few months. I have quickly fallen in love with the idea of helping others achieve their goals and build their confidence. I believe every woman deserves to feel confident in her own body. Self-love is something I practice every day to improve my mental health. I want this guide to help women to gain confidence in the gym as well as in their own skin! We are only given one body and we should honor and appreciate it for all the amazing things it can do.

What to Expect

I have spent the past few months writing and trying out all of these workouts myself to ensure the best workout and results for you! This program can be used for girls looking to cut or bulk. The style of training in program is designed to give you a sufficient workout while optimizing calories burned. For more information on how to use this guide to fit your goals (cut/bulk/maintain) read “How to eat for your goals”. Each week consists of 5 workouts, 2 leg days, 2 upper body days, and 1 full body HIIT style circuit workout. This 5-day split allows you to be flexible with which days you can make it to the gym, and still gives you 2 rest days each week! At the very end of this guide there are links to “how to” videos on Youtube for each of the exercises if you are confused on one or proper form.

Mind Muscle Connection

Mind-muscle connection is exactly what it sounds like, making a connection or association in your mind to contracting your muscles when you are training a specific muscle group. Our brain is the control center for all things in our bodies including initiating movement and muscle

contractions. Mind to muscle connection is key when it comes to strength training. We tend to have relatively sedentary lives and so when we do train we want to get the most out of our workouts. Using mind muscle connection can help increase your RPE and overall force when contracting your muscles. By focusing on the movement, you are performing and thinking about contracting and relaxing the muscle(s) you are working, you can get more out of your workout and who doesn't want those #strengthgains?! I recommend focusing on your mind muscle connection throughout your warmups and for the duration of your training session.

Progressive Overload

Progressive overload is the idea of increasing the volume of your workouts overtime for maximum hypertrophy (muscle gain). When talking about volume we are referring to sets x reps x weight of your exercises performed during a workout. As time goes on you have to increase the volume of your workouts in order to continue to see progress. I tend to start by increasing the weight I use within an exercise by 2.5-5 lbs depending, then adding a set and then increasing reps overtime to achieve progressive overload.

This guide is only 6 weeks long, but once you have completed the 6 weeks you will be stronger than when you started and can repeat these 6 weeks as many times as you'd like! Progressive overload is the key to hypertrophy, so as long as you are increasing the volume of your workouts, the progress will follow, no matter how many times you repeat this training program.

How to eat for your goals – Cutting vs. Bulking

The beauty of this full-body guide is that you can use these workouts whether your goals are to cut, bulk, or even maintain. When working towards cutting or losing weight/body fat, you want to make sure that

you are putting yourself into a caloric deficit, either by decreasing your calories below your daily expenditure (how many calories you burn every day), or by increasing your caloric expenditure through NEAT (non-exercise activity thermogenesis) ((aka your daily activities outside of working out)) or by incorporating cardio into your training. I suggest you play around with a few different variables to see which of these methods work for you. I personally like to focus on increasing my NEAT initially and then add cardio the farther into a cut I am. I also don't recommend cutting calories super low, or starting with a lot of cardio, because you must continue into a caloric deficit to continue to cut, so if you restrict yourself too much in the beginning your calories/cardio will become even more extreme as time goes on.

If you are looking to bulk, you need to be eating at maintenance calories, or in a surplus. This means you must be eating at least as many calories as you burn in a day, from exercise and NEAT. I recommend starting at maintenance and gradually increasing your calories overtime to prevent extreme weight/fat gain and to optimize lean muscle mass growth. Keep in mind that when you are in a caloric surplus, some fat gain is inevitable. My approach when bulking is to eat in a surplus, but make sure the majority of my foods are clean, whole food sources.

RPE& Knowing How Much Weight to Use

RPE stands for Rate of Perceived Exertion, which is how much effort you feel you are giving during a specific exercise. You will see a column in each workout labeled RPE the number for each exercise is the level of difficulty and effort you should be performing the movement at. This is a tool I use to help clients know what is a warmup set, a compound movement, etc.

When deciding on how much weight to use for each movement, I recommend following this general rule of thumb: Select a weight that challenges you and allows you to complete the desired amount of reps, but you should feel fatigued and struggle a little bit with the last 2-3 reps.

For example, if you can perform 4x10 bicep curls with 10 pounds with ease, try to increase your weight to 15lbs for 4x10 and see if that poses more of a challenge for your muscles

Measuring Progress

There are countless ways to measure your progress in the gym, but I find that women tend to rely on the scale and nothing but the scale to track their progress. I think that the scale can be a great tool, but shouldn't be the end all be all of measuring your progress. I encourage all of my clients to take progress pictures on a weekly basis to compare to previous weeks to see the changes that their bodies are making. I also suggest taking your measurements from time to time, because although the number on the scale may seem stagnant, your body composition is changing right before your eyes! Another thing I recommend is keeping a journal about your mental health, to see how exercise can positively influence your self-confidence and mental health.

Things To Remember

When starting a new program, it can be easy to get caught up in waiting for the results to start showing, and when they don't show as quickly as we would like it's easy to get discouraged and fall off track. When measuring progress, you should take into account a lot more than just your diet and exercise. Some things to keep in mind when working towards a fitness or physique goal are your water intake, sleep habits, recovery and rest time, as well as your stress levels.

Adequate water intake is essential to living a healthy lifestyle and making progress in the gym – our bodies are made up of 70% water, so it's important to be drinking about a gallon each day to replenish our bodies of the water it has lost through exercise and other bodily processes. Sleep and recovery are also essential to making progress and they are arguably the most important, alongside proper nutrition. When you are training, you are tearing your muscle fibers and in order to repair

and grow your muscles, you must feed them and give them proper rest and time to recover. I recommend giving yourself at least 24 if not 48 hours between training the same muscle group (i.e. train legs on Monday and Thursday). If you are not allowing your body to get a full night sleep you are depriving it of the time that it should be resting and recovering to be ready to go the next day. Stress is also a key player when it comes to whether or not you are making progress. When our bodies are stressed they release a hormone called cortisol, and when our cortisol levels are elevated the body goes into a bit of a shock and tends to hold fat and even retain water. It is important to take care of your body from all aspects, not just in the gym and the kitchen if you are committed to making progress within your health and fitness goals

This guide is only 6 weeks long, but once you have completed the 6 weeks you will be stronger than when you started and can repeat these 6 weeks as many times as you'd like! As I talked about earlier, progressive overload is the key to hypertrophy, so as long as you are increasing the volume of your workouts, the progress will follow!

Warming Up

Warming up and stretching before a workout is essential to prevent injury, getting your blood flowing, heart rate up, and muscles warmed up when you begin your training session. I suggest warming up for about 10 minutes on a treadmill, walking on incline, or on a bike or elliptical before your warmup and workout. Below I have listed a few dynamic stretches to perform before upper or lower body days.

Lower Body Warmup

Sets	Reps	Exercise	notes
2	20	Walking lunges	No added weight – feel the stretch inside your front leg
2	20	Walking High kicks	Feel a stretch in your hamstrings
2	20	Banded squats	Band above knee – squeeze your glutes at the top of the movement

2	12	Donkey kicks	Each leg
2	10	Fire hydrants	Each leg

Upper Body Warmup

Sets	Reps	Exercise	notes
2	20	Lateral raise	2.5 or 5 lb plate
2	20	Front raise	2.5 or 5 lb plate
2	20	Windshield wipers	2.5 or 5 lb plate

WEEK 1

Legs

Sets	Reps	Exercise	RPE	notes
2	8	Squat	4-5	Warm up weight, take the movement slow and squeeze at the top of the movement
3	10	Squat	8-9	Push through heels
3	10	Dumbbell Romanian deadlift	6-8	Feet shoulder width apart, hinge at hips keep back flat/core tight and chest up , push through heels with dumbbells at your sides
3	12	Hamstring curl	8	machine
3	10	Walking lunges	8	Barbell or dumbbells, 10 each leg. Push through your front heel to standing
3	12	Kettle bell swings	7	Control weight with strong core and arms, squeeze glutes at top of movement
3	8	Hyperextension	7	Start parallel to the floor and squeeze through your glutes to bring your upper body up. Hold a plate to your chest for added resistance

Shoulders & Triceps

Sets	Reps	Exercise	RPE	notes
3	10	Seated shoulder press	8	Keep elbows parallel to floor and push up to bring dumbbells overhead. Control the weight on the way down
3	12	Overhead tricep extensions	8	Keep elbows close to your head
3	15	Cable face pulls	9	Kneel down on one knee and keep cable higher than head, pull towards your forehead
3	12	Lateral raise	9	Pinkies up and out, bend arms as difficulty increases
3	10	Skull crusher	7-8	Keep elbows stationary
3	6-6-6	Front raise burnout	10	Straight bar, 6 reps with wide grip, 6 with narrow grip, 6 with standard grip

Legs

Sets	Reps	Exercise	RPE	note
3	10	Hip thrust	6-8	Moderately heavy weight, squeeze at the top
3	8	Hip thrust – 3 second hold	9-10	Increase weight, squeeze and hold at the top for 3 seconds
3	12	Step ups	8	Hold dumbbells in each hand, 12 each leg. Push through heel of front foot and focus on not using back leg to propel you up

3	12	Leg extension	8	machine
3	10	Goblet squat	6-8	Elevated if possible, focus on a deep squat to full squeeze at the top
3	12	Cable squat pull through	7	Sit back into the squat and squeeze at the top
3	12	Abductor/adductor	8	12 each on machine

Back & Bicep

Sets	Reps	Exercise	RPE	notes
3	12	Lat pull down	8-9	Feel the stretch under your armpit, bring bar to chin and control back up to a full stretch at the top
3	10	barbell bicep curl	7	Pull elbows back slightly as you raise the bar to isolate biceps
3	10	Bent over barbell row	8	Hinge slightly at hips and row barbell to waist squeeze middle of back
3	12	Incline bench hammer bicep curl	10	Bench at 60 degree angle and let arms hang to the side. Keep shoulders stationary to isolate bicep muscle
4	8	(assisted) pull up	9-10	Feel a stretch in lats at the bottom of the movement
2	7x7x7	Bicep curl burnout	9-10	7 bottom half bicep curls (just from straight arms to bent at 90 degrees), 7 top half bicep curls (from 90 degrees to chest), 7 full bicep curls

Full Body Circuit

Sets	Reps	Exercise	RPE	notes
4	10	In and out squats jumps	10	In and out is 1 rep
4	10	Med ball throws	10	Use force in shoulders to throw, squat to pick it up, bicep curl ball to chest and shoulder press back straight into air before throwing again
4	20	Russian twist	8	Medicine ball for resistance, fully twist in each rep
4	10	Burpees	10	
4	12	Plank shoulder taps	8	Keep core avoid movement besides in arms as much as possible – 12 each arm

WEEK 2

Legs

Sets	Reps	Exercise	RPE	notes
2	6	Romanian deadlift	6	Warm up weight
3	10	Romanian deadlift	9-10	Moderate bend in the knee keep back and core locked and tight . when lifting the bar to standing, keep the bar as close to your body as possible. Squeeze glutes at the top
3	20	Walking lunges	8	10 each leg – push through the heel of your front foot
3	10	Hamstring curls	8	machine
3	10	Step ups	8	Hold dumbbells in each hand Push through heel of front foot and focus on not using back leg to propel you up – 10 each leg
3	8	Reverse lunges	8	8 each leg
3	15	Glute kickbacks	6-8	Strap around ankle (if no strap just put a single handle around your shoe) keep a slight bend in the knee and lift your leg back keep core tight and avoid moving your torso
3	12	Abductor/adductor	6-8	12 each on machine

Shoulders & Triceps

Sets	Reps	Exercise	RPE	notes
3	12	Arnold press	8	Full rotation out and then press overhead – control the weight all the way up and down
3	10	Lateral raise	10	Pinkies up and out, bend arms as difficulty increases
3	15	Overhead tricep extension	8	Keep elbows close to your head
4	10	Upright row	8	Standard grip, don't bring bar higher than collar bone
3	12	Tricep kickback	8	Keep arm stationary hinging at elbow
3	15	Cable Face pull	8-10	Kneel down on one knee and keep cable higher than head, pull towards forehead
3	12	Tricep pushdown	7	Cable machine

Legs

Sets	Reps	Exercise	RPE	notes
2	10	Hip thrust	6	Moderately heavy weight, squeeze at the top of the movement – push through your heels
4	8	Hip thrust	9-10	Increase weight, squeeze at the top

3	15	Leg press	8-10	Feet high and wide, toes pointed out - push through heel
3	12	Bulgarian split squat	8	Push all weight through foot on the ground. Don't let your knee fall over your toes
3	15	Kettle bell swings	6-8	Control weight with strong core and arms, squeeze glutes at top of movement
3	12	Dumbbell RDL	8	Feet shoulder width apart, hinge at hips keep back flat/core tight and chest up, push through heels with dumbbells at your sides
3	15	Cable front squat	6	Sit back into the squat and control the weight on the way up

Back & Biceps

Sets	Reps	Exercise	RPE	notes
3	12	Lat pull down	9	Feel the stretch under your armpit, bring bar to chin and control back up to a full stretch at the top
3	12	Barbell bicep curls	8	Pull elbows back slightly as you raise the bar to isolate biceps
3	10	Seated row	9	pull with arms without swinging though your back bring elbows to hips
3	8	Isometric hold bicep curl	10	Hold one dumbbell at 90 degrees while completing the reps on the other side and then switch
3	12	Bent over single arm row	8	Pull elbow to hip
3	15	Hammer curl	6-8	Pull elbow back slightly when curling to isolate bicep and prevent shoulder from taking over movement
3	10	single arm lat pulldown	9	Squeeze at the bottom of the movement and extend arm to feel a full stretch at the top

Full Body Circuit

Sets	Reps	Exercise	RPE	notes
4	10	Glute bridge	8	Dumbbell or small barbell – squeeze at the top
4	12	Med ball slams	10	Use force in shoulders to throw, squat to pick it up, bicep curl ball to chest and shoulder press back straight into air before throwing again
4	10	Box jumps	10	
4	12	Plank oblique taps	8	Keep core and obliques tight and drop hips to each side

4	10	Burpees	10	
4	10	Jack knife	8	Lay flat on your back and keep keep core tight and pull opposite hand to foot

Week 3

Legs

Sets	Reps	Exercise	RPE	notes
2	8	Squat	6	Warm up weight– push through your heels
4	6-8	Squat	8-10	Increase weight, and squeeze glutes at the top of the movement
4	15	Leg extension	8	machine
4	12	Single leg box squat	9	Hold plate or med ball in front of you for added challenge – stand up by pushing through your heel
4	12	Goblet squats	6-8	Elevated if possible, focus on a deep squat to full squeeze at the top
4	15	Hyper extension	6-8	Start parallel to the floor and squeeze through your glutes to bring your upper body up. Hold a plate to your chest for added resistance
4	12	Abductor/adductor	7	12 each on machine

Shoulders & Triceps

Sets	Reps	Exercise	RPE	notes
4	10	Military press	9	Keep barbell in straight path, lean upper body back as you raise
4	10	Single arm Front raise	8	Stable base and raise weight no higher than parallel with the ground
	12	Cable overhead tricep extension	8	Keep elbows close to your head, pull rope apart at top of movement for an extra squeeze in triceps
4	10	Single arm face pull	9	Kneel down on one knee and keep cable higher than head, pull handle towards face and you should feel it in the back of shoulders
4	8	Dumbbell Cuban press	10	Single arm upright row to shoulder press is 1 rep
4	12	Skull crusher	7-8	Keep elbows stationary
4	6x6x6	Front raise burn out	10	Straight bar, 6 reps with wide grip, 6 with narrow grip, 6 with standard grip

Legs

Sets	Reps	Exercise	RPE	notes
2	10	Hip thrust	6	Moderately heavy weight, squeeze at the top of the movement – push through your heels
4	8	Hip thrust with pause	9-10	Increase weight, squeeze and hold at the top for 3 seconds
4		Hamstring curl	7	machine

4	12	Step ups	8	Hold dumbbells in each hand, push through heel of front foot and focus on not using back leg to propel you up – 12 each leg
3	12	Single leg deadlift	8	Hold onto wall/pole for stability – keep moderate bend in knee and hinge at hips
4	10	Reverse lunge	9	Barbell or dumbbells, 10 each leg. Push through your front heel to standing
3	15	Glute kickback	7	Strap around ankle (if no strap just put a single handle around your shoe) keep a slight bend in the knee and lift your leg back

Back & Biceps

Sets	Reps	Exercise	RPE	notes
4	10	Bent over rows	8	Hinge slightly at hips and pull elbow to hip - squeeze middle of back
4	12	Cable bicep curls	8	Pull elbow back slightly when curling to isolate bicep and prevent shoulder from taking over movement
4	10	Straight arm pushdowns	9	Standard grip pushing through lats keeping core tight
3	10	Single arm lat pulldown	10	Squeeze at the bottom of the movement and extend arm to feel a full stretch at the top
3	12	Single arm bicep curl	8	Pull elbow back slightly when curling to isolate bicep and prevent shoulder from taking over movement
4	15	Narrow grip pulldown	10	Kneel on knees lift arms straight up with elbows near ears and pull down through with the middle of your back
4	15	Barbell bicep curl	7-8	Pull elbows back slightly as you raise the bar to isolate biceps

Full Body Circuit

Sets	Reps	Exercise	RPE	notes
4	12	Jump squats	10	Land softly with knees bent
4	10	Med ball crunches	7	Hold ball overhead with straight arms
4	12	Med ball slams	10	Use force in shoulders to throw, squat to pick it up, bicep curl ball to chest and shoulder press back straight into air before throwing again
4	10	Hamstring curl on exercise ball	9	Keep hips high and arms out to sides for stability
4	10	Russian twists	7	Add medicine ball for increased resistance
4	15	Kettle bell swings	8	Control weight with strong core and arms, squeeze glutes at top of movement

Week 4

Legs

Sets	Reps	Exercise	RPE	notes
2	8-10	Deadlift	6	Warm up weight, take the movement slow and squeeze at the top of the movement
4	10	Deadlift	8-10	Moderate bend in the knee keep back and core locked and flat. When lifting the bar to standing, keep the bar as close to your body as possible. Squeeze glutes at the top
4	18-20	Walking lunges	9	Barbell or dumbbells, 10 each leg. Push through your front heel to standing
4	10	Cable front squats	7	Sit back into the squat and control the weight on the way up
4	12	Leg press	9-10	Feet high and wide toes out - push through heel
4	10	Bulgarian split squat	8	Push all weight through foot on the ground. Don't let your knee fall over your toes
4	15	Hyper extension	6-7	Start parallel to the floor and squeeze through your glutes to bring your upper body up. Hold a plate to your chest for added resistance

Shoulders & Triceps

Sets	Reps	Exercise	RPE	notes
4	10	Military press	8	Start with elbows parallel to floor and push through shoulders to bring barbell overhead.
4	8	Skull crusher	8	Keep elbows stationary
4	8	Lat raise	10	Pinkies up and out, bend arms as difficulty increases
4	8	Front raise	8	Straight bar - raise no higher than parallel with the ground
4	12	Straight bar cable tricep pushdown	8	Keep arm stationary using elbow as hinge
4	12	Cable upright row	9	Standard grip, don't bring bar above collar bone
4	10	Tricep kickbacks	8	10 each arm

Legs

Sets	Reps	Exercise	RPE	notes
2	10	Hip thrust	6	Moderately heavy weight, squeeze at the top of the movement – push through your heels

4	8	Hip thrust w/ pause	10	Increase weight, squeeze and hold at the top for 3 seconds
4	10	Straight leg deadlift	8	Slight bend in knee. Lighten weight if you feel too much tension in your lower back
5	8	Step ups	9	Hold dumbbells in each hand, push through heel of front foot and focus on not using back leg to propel you up 8 each leg
4	12	Goblet squat	6-8	Elevated if possible, focus on a deep squat to full squeeze at the top
4	10	Glute kickbacks	7	Strap around ankle (if no strap just put a single handle around your shoe) keep a slight bend in the knee and lift your leg back. 10 each leg
4	12	Abductor/adductor	6	12 each on machine

Back & Biceps

Sets	Reps	Exercise	RPE	notes
4	10	Lat pull down	8-9	Feel the stretch under your armpit, bring bar to chin and control back up to a full stretch at the top
4	12	Incline bicep curl	10	Bench at 60-degree angle and let arms hang to the side. Keep shoulders stationary to isolate bicep muscle
4	8	Single arm bent over row	8	Pull elbow to hip
4	10	Barbell bicep curl	7	Pull elbows back slightly as you raise the bar to isolate biceps
4	12	Straight arm pushdown	9	Standard grip pushing though lats keeping core tight
4	8	Single arm lat pull down	9-10	Squeeze at the bottom of the movement and extend arm to feel a full stretch at the top
4	10	Single arm bicep curl	8	Pull elbow back slightly when curling to isolate bicep and prevent shoulder from taking over movement

Full Body Circuit

Sets	Reps	Exercise	RPE	notes
4	10	In and out jump squats	10	In and out is 1 rep
4	10	Rope slams	10	Med ball slam if you don't have ropes
4	10	Box jumps	9	
4	10	In and outs	7	Place hands on ground behind you for assistance
4	10	Jumping lunges	9	Each leg
4	10	Plank jacks	7	Keep core tight and back flat

4	10	Squat burpees	8	Just like a burpee but instead of a jump up bring legs out to the side and complete a squat at top of the movement
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Week 5

Legs

Sets	Reps	Exercise	RPE	notes
2	8	Squat	6	Warm up weight, take the movement slow and squeeze at the top of the movement – push through your heels
4	10	Squat	8-10	Increase weight, and squeeze
4	12	Dumbbell RDL	7	Feet shoulder width apart, hinge at hips keep back flat/core tight and chest up, push through heels with dumbbells at your sides
5	10	Reverse lunges	8	Barbell or dumbbells, 10 each leg. Push through your front heel to standing
5	12	Leg extension	8	Machine
4	10	Bulgarian split squat	9	Push all weight through foot on the ground. Don't let your knee fall over your toes
5	12	Abductor/adductor	6-8	12 each on machine

Shoulders & Triceps

Sets	Reps	Exercise	RPE	notes
4	10	Arnold press	8-10	Full rotation out and then press overhead – control the weight all the way up and down
4	12	Tricep kickback on cables	7	Keep arm stationary using elbow as hinge
4	8	Isometric lateral raise hold with shoulder press	10	Hold one arm out with light weight dumbbell in a lat raise position, complete shoulder press reps with other arm and switch
5	12	Cable upright row	8	Don't bring bar above collar bones
5	10	Overhead tricep extension cable	8	Keep elbows close to your head, pull rope apart at top of movement for an extra squeeze in triceps
5	12	Face pulls	10	Kneel down on one knee and keep cable higher than head, pull towards face and you should feel it in the back of shoulders
3	8x8x8	Front raise burnout	10	Straight bar, 6 reps with wide grip, 6 with narrow grip, 6 with standard grip

Legs

Sets	Reps	Exercise	RPE	notes
2	10	Hip thrust	6	Warm up weight, squeeze at the top of the movement – push through your heels
4	8	Hip thrust	8-10	Increase weight, squeeze at the top

4	12	Straight leg deadlift	8	Slight bend in knee. Lighten weight if you feel too much tension in your back
4	15	Hamstring curls	7	machine
5	15	Cable front squat	6-8	Sit back into the squat and control the weight on the way up
4	10	Walking lunges	9	Barbell or dumbbells, 10 each leg. Push through your back heel to standing
4	10	Glute cable kickbacks	6-8	Strap around ankle (if no strap just put a single handle around your shoe) keep a slight bend in the knee and lift your leg back

Back & Biceps

Sets	Reps	Exercise	RPE	notes
4	10	Bent over barbell row	8	Hinge slightly at hips and row barbell to waist squeeze middle of back
4	12	Barbell bicep curl	8	Pull elbows back slightly as you raise the bar to isolate biceps
4	15	Single arm lat pulldown	10	Squeeze at the bottom of the movement and extend arm to feel a full stretch at the top
4	12	Single arm cable bicep curl	9	Pull elbow back slightly when curling to isolate bicep and prevent shoulder from taking over movement
5	12	Straight arm pushdown	9-10	Standard grip - pushing through lats keeping core tight
4	10	Iso hold bicep curl	10	Hold one dumbbell at 90 while completing the reps on the other side and then switch
5	8	Lat pulldown	8	Feel the stretch under your armpit and pull down using that muscle, bring bar to chin and control back up to a full stretch at the top

Full Body Circuit

Sets	Reps	Exercise	RPE	notes
4	12	Burpees	10	
4	20	Russian twists	7	Medicine ball for resistance, fully twist in each rep
4	10	Squat to med ball toss	8	Toss ball up against a wall at the top of the squat and catch it before completing another squat rep
4	30	High knees	9	30 each leg – engage core to drive knees up
4	12	Plank walkout to shoulder tap	7	Keep core extremely stable and try not to shift weight when completing shoulder taps

4	10	In and out squat jump	9	In and out is 1 rep
4	20	Mountain climber	8	Engage core to drive knees forward

Week 6

Legs

Sets	Reps	Exercise	RPE	notes
2	8-10	Squat	5-7	Warm up weight, squeeze at the top of the movement – push through your heels
4	6-8	Squat	9-10	Increase weight, and squeeze
5	12	Leg extension	8	machine
4	15	Leg press	8	Feet high and wide toes pointed out - push through heel
5	15	Cable front squat	7	Sit back into the squat and control the weight on the way up
5	12	Step-ups	9	Hold dumbbells in each hand, 12 each leg. Push through heel of front foot and focus on not using back leg to propel you up – 12 each leg
4	15	Glute kickback	8	Strap around ankle (if no strap I just put a single handle around my shoe!) keep a slight bend in the knee and lift your leg back

Shoulders & Triceps

Sets	Reps	Exercise	RPE	notes
4	12	Dumbbell press	9	Keep elbows parallel to floor and push through shoulders to bring dumbbells overhead. Descend and control the weight on the way down, don't bring your elbows lower than parallel with the floor
5	15	Lat raise	7	Pinky up, like you're pouring a drink, bend arms as difficulty increases
4	12	Tricep dips	6-8	On bench of assisted dip machine – drive elbows back
4	10	Front raise	7	Stable base and raise no higher than parallel with the ground
5	10	Tricep kickbacks	6	Keep arm stationary and use elbows as hinge
4	8	Cuban press	9	Single arm upright row with dumbbell to shoulder press = one rep – 8 each arm
5	10	Overhead tricep extension	8	Keep elbows close to your head and don't arch your back too much

Legs

Sets	Reps	Exercise	RPE	notes
2	8	Hip thrust	6	Moderately heavy weight, take the movement slow and squeeze at the top of the movement – push through your heels

5	5	Hip thrust	10	Increase weight, squeeze at the top
4	18-20	Walking lunges	8	Barbell or dumbbells, 10 each leg. Push through your back heel to standing
4	12	Hamstring curl	7	machine
5	15	Goblet squat	8	Elevated if possible, focus on a deep squat to full squeeze at the top
5	15	Glute pushdown	8	Assisted pullup machine
4	12	Abductor/adductor	7	12 each on machine

Back & Biceps

Sets	Reps	Exercise	RPE	notes
5	12	Lat pulldown	9	Feel the stretch under your armpit, bring bar to chin and control back up to a full stretch at the top
4	12	Barbell bicep curl	7	Pull elbows back slightly as you raise the bar to isolate biceps
4	10	Single arm row	8	Core tight pull elbow to hip
4	10	Incline bicep curl	9	Bench at 60-degree angle and let arms hang to the side. Keep shoulders stationary to isolate bicep muscle
5	15	Narrow grip pull down	8	Arms straight overhead and pull bar down through the midline of your back
5	12	Cable rope curl	8	Pull elbow back slightly when curling to isolate bicep and prevent shoulder from taking over movement
4	10	Single arm lat pulldown	7	Squeeze at the bottom of the movement and extend arm to feel a full stretch at the top

Full Body Circuit

Sets	Reps	Exercise	RPE	notes
5	20	Jack knives	8	Keep legs and arms straight though the crunch
5	12	Curtsy lunges	9	Keep front leg straight and perpendicular to ground push though side of leg to standing
5	15	Plank shoulder taps	8	Keep body stable when completing shoulder taps – 15 each side
5	12	Med ball throws	9	Use force in shoulders to throw, squat to pick it up, bicep curl ball to chest and shoulder press back straight into air before throwing again
5	10	Single leg box squat	7	Hold plate or med ball for added challenge
5	12	In and out squat jumps	10	In and out is 1 rep
5	30	Russian twists	8	Medicine ball for resistance, fully twist in each rep

EXERCISE INDEX

LEGS

- Squat - <https://www.youtube.com/watch?v=1oed-UmAxFs>
- Dumbbell Romanian deadlift - <https://www.youtube.com/watch?v=FQKfr1YDhEk>
- Hamstring curl - <https://www.youtube.com/watch?v=F488k67BTNo>
- Walking lunges - <https://www.youtube.com/watch?v=D7KaRcUTQeE>
- Kettle bell swings - <https://www.youtube.com/watch?v=OopKTfLiz48>
- Hyperextensions - <https://www.youtube.com/watch?v=CgbmrF-DRSE>
- Hip thrust - <https://www.youtube.com/watch?v=LM8XHLYJoYs>
- Step ups - <https://www.youtube.com/watch?v=dQqApCGd5Ss>
- Leg extension - <https://www.youtube.com/watch?v=YyvSfVjQeL0>
- Goblet squat - <https://www.youtube.com/watch?v=MeliidhvXT4>
- Cable squat pull through - <https://www.youtube.com/watch?v=DbSF7ipBh5Y>
- Abductor/adductor - <https://www.youtube.com/watch?v=aB67P2N-iHE>
- Romanian deadlift - <https://www.youtube.com/watch?v=JCXUYuzwNrM>
- Glute kickbacks - <https://www.youtube.com/watch?v=U5V4wGVYcbg>
- Leg press - <https://www.youtube.com/watch?v=CHPHn-OnTqE>
- Bulgarian split squat - <https://www.youtube.com/watch?v=2C-uNgKwPLE>
- Cable front squat - <https://www.youtube.com/watch?v=VDNccGeuaUc>
- Single leg box squat - https://www.youtube.com/watch?v=DuE_ScvXwtg
- Reverse lunge - <https://www.youtube.com/watch?v=sjlsISvHyZs>
- Glute pushdown - https://www.youtube.com/watch?v=IEm1H_RnWH8

UPPER BODY (shoulder and back workouts)

- Seated shoulder press - <https://www.youtube.com/watch?v=qEwKCR5JCog>
- Overhead tricep extension - <https://www.youtube.com/watch?v=YbX7Wd8jQ-Q>
- Cable face pulls - <https://www.youtube.com/watch?v=7bLivsAhDFY>
- Lateral raise - <https://www.youtube.com/watch?v=3VcKaXpzqRo>
- Skull crusher - https://www.youtube.com/watch?v=d_KZxkY_OcM
- Front raise - <https://www.youtube.com/watch?v=-t7fuZ0KhDA>
- Lat pulldown - <https://www.youtube.com/watch?v=CAwf7n6Luuc>
- Barbell bicep curl - <https://www.youtube.com/watch?v=QZEqB6wUPxQ>
- Bent over barbell row - https://www.youtube.com/watch?v=vT2GjY_Umpw
- Incline bench hammer bicep curl - <https://www.youtube.com/watch?v=qpVDPGBij2A>
- Assisted pullup - https://www.youtube.com/watch?v=aP83vi_2Jhw
- Arnold press - https://www.youtube.com/watch?v=6Z15_WdXmVw
- Upright row - <https://www.youtube.com/watch?v=jaAV-rD45I0>
- Tricep kickback - <https://www.youtube.com/watch?v=6SS6K3IAwZ8>
- Tricep pushdown - <https://www.youtube.com/watch?v=2-LAMcpzODU>
- Seated row - <https://www.youtube.com/watch?v=GZbfZ033f74>
- Bent over single arm row - <https://www.youtube.com/watch?v=pYcpY20QaE8>
- Isometric bicep curl - <https://www.youtube.com/watch?v=wc0RMZdirU4>
- Single arm lat pulldown - <https://www.youtube.com/watch?v=pPTbp6Sy1rg>
- Military press - <https://www.youtube.com/watch?v=tPDaHqvmT2g>
- Dumbbell Cuban press - https://www.youtube.com/watch?v=QBJgGzF_vGI

- Straight arm pushdown - <https://www.youtube.com/watch?v=AjCCGN2tU3Q>
- Narrow grip pulldown - <https://www.youtube.com/watch?v=neP32qCyPbQ>

FULL BODY

- In and out squat jumps - <https://www.youtube.com/watch?v=RIMT0Rv-IRk>
- Med ball slams - <https://www.youtube.com/watch?v=3r70rXMHt4k>
- Russian twists - <https://www.youtube.com/watch?v=NeAtimSCxsY>
- Burpees - <https://www.youtube.com/watch?v=JZQA08SIJnM>
- Plank shoulder taps - <https://www.youtube.com/watch?v=wckYqAMqueQ>
- Glute bridge - <https://www.youtube.com/watch?v=8bbE64NuDTU>
- Box jumps - <https://www.youtube.com/watch?v=hxldG9FX4j4>
- Plank oblique taps - <https://www.youtube.com/watch?v=em4gADvYvMA>
- Jack knife - <https://www.youtube.com/watch?v=UBISOk9V0Lg>
- Med ball crunches - https://www.youtube.com/watch?v=1Hf_5_rmaOc
- Hamstring curl on exercise ball - <https://www.youtube.com/watch?v=oAYtwM95-ug>
- Rope slams - <https://www.youtube.com/watch?v=3PE6FKIT54Q>
- Jumping lunges - <https://www.youtube.com/watch?v=y7lug7eC0dk>
- Plank jacks - <https://www.youtube.com/watch?v=Jo0LKx6c7XM>
- Squat burpees - <https://www.youtube.com/watch?v=0JUIZMV1KG4>
- Squat to med ball toss - <https://www.youtube.com/watch?v=zfDmFJJYIds>
- High knees - <https://www.youtube.com/watch?v=D0GwAezTvtg>
- Plank walkout to shoulder tap - <https://www.youtube.com/watch?v=9-1r7DvCNEo>
- Mountain climbers - <https://www.youtube.com/watch?v=De3GI-nC7IQ>