



## **Week 4-6**

**Ready to challenge yourself? Week 4-6 will help you push your limits. As you increase weights each week you should really start seeing the transformation of your body.**

Week 4-6 – repeat week 4 for other weeks, increase weights each week.

### ***Instructions:***

The Goal is to MOVE DAILY and Increase weight for all exercises each week. Use the make-up days as needed. If you miss a day and cannot make it up, do not worry, simply resume workouts on the next scheduled day.

Day 1: Lift Hyper/Stab 1/Cardio

Day 2: Lift Hyper/Stab 2

Day 3: MOB 3

Day 4: Lift Hyper/Stab 3

Day 5: Lift Hyper/ Stab 4

Day 6: Running

Day 7: Rest/ Make-up

## **Course Content**

## **Week 4-6**

### **Day 1**

**Start out your week with the Lift Hyper and Stab 1. These exercises will get your body moving.**

#### **Lift Hyper/Stab 1-**

Instructions: During the superset, perform the first exercise at a moderate rep tempo immediately before performing the second exercise. Weight should progressively increase each set if possible.

Focus on range of motion and stability when applicable.

#### **Superset of 2 sets**

Boot strap Squat- 15 reps

Release Push-up- 15 reps

Laying External Shoulder Rotation- 15 reps per side

*Repeat new set*

*3-point Hip Stretch- 1 minute/per side (20sec/position)*

#### **Superset of 4 sets**

Dumbbell Chest Press with Ball- 15,12,10,8 reps

Push-Up- 10 or less as slow as possible

**Rest for 60 seconds**

*Repeat new set*

#### **Superset of 4 sets**

Barbell Back Box Squat- 15,12,10,8 reps

Bear Squat- 20 reps

**Rest for 60 seconds**

*Repeat new set*

Dumbbell Arnold Shoulder Press-3 sets x 12 reps

**Rest for 60 seconds in between sets**

Box Pistol Squat 3 sets x 12 reps/side

**Rest for 60 seconds in between sets**

2 Handed Overhead Sit-up 3 sets x 15 reps

**Rest for 30 seconds in between sets**

## **Cardio**

20 minutes low impact

## **Day 2**

**A continuation of Lifts that will build your muscles. Main area of concentration is legs and arms.**

### **Lift Hyper/Stab 2**

Instructions: During the superset, perform the first exercise at a moderate rep tempo immediately before performing the second exercise. Weight should progressively increase each set if possible.

Focus on range of motion and stability when applicable.

*Increase the weight for all exercises each week.*

### **Superset of 2 sets**

Prone Cobra- 15 reps

Body Weight Single Leg Deadlift-10 reps/side

Table Top( Straight Leg)- 15 reps

Elbow Plank Opposite Arm- Leg Reach- 10 reps/side

*Repeat new set*

### **Superset of 4 Sets**

Fit Ball 1 ARM DB Row- 15,12,10,8 reps/ per side

Supine Pull-Up- 10 or less as slow as possible

**Rest for 60 seconds**

*Repeat new set*

### **Superset of 4 Sets**

Barbell Deadlift -15,12,10,8 reps

Kettlebell 2 -Handed Swing- 20 reps

**Rest for 60 seconds**

*Repeat new set*

Smith Machine Assisted Chin Ups- 3 sets x 12 reps

**Rest for 60 seconds in between sets**

Single Leg Romanian Dead Lift- 3 sets x 12 reps

**Rest for 60 seconds in between sets**

Hanging Leg Raise- 3 sets x 15 reps

**Rest for 30 seconds in between sets**

## **DAY 3**

**Stretching and keeping your body mobile is important that is why we have the MOB 3 for day 3.**

### **MOB 3**

Self Myofascial Release (foam rolling) – 5 minutes

### **Circuit of 3 rounds**

Hip Switch- 45 seconds

Scorpion- 45 seconds

Crucifix Stretch- 45 seconds

Bridging Leg Swing (Right) – 45 seconds

Bridging Leg Swing (Left) – 45 seconds

Cossack Glide- 45 seconds

*Repeat new round*

### **Running**

Run for 20 minutes

## **DAY 4**

**We are back to lifting on Day 4. Shoulders and Glutes will be sore after today!**

### **Lift Hyper/Stab 3**

Instructions: During the superset, perform the first exercise at a moderate rep tempo immediately before performing the second exercise. Weight should progressively increase each set if possible.

Focus on range of motion and stability when applicable.

*Increase the weight for all exercises each week.*

### **Superset of 2 sets**

Alternating Body Weight Windmill – 10 reps/side

Rocking Deep Squat- 30 seconds

Push- Up to rotation 1 – 10 reps

Lateral Lunge Stretch- 10 reps

*Repeat new set*

3-point Hip Stretch- 1 minute/ side ( 20 sec/position)

### **Superset of 4 sets**

Split 1 Arm DB Shoulder Press- 15, 12, 10 ,8 reps/side

Piked Push Up- 10 or less as slow as possible

**Rest for 60 seconds**

*Repeat new set*

### **Superset of 3 sets**

Dumbbell Front Squat 15,12,10,8 reps

Weighted Short Step Walking Lunge- 10 reps per side

**Rest for 60 seconds**

*Repeat new set*

Dumbbell Incline Bench Press- 3 sets x 12 reps

**Rest for 60 seconds in between sets**

Toe Squat 3 sets x 20 reps / Insert Video

**Rest for 60 seconds in between sets**

V Tuck 3sets x 20 reps

**Rest for 30 seconds in between sets**

*Repeat new set*

## **DAY 5**

**Last day of Lifting. You can do it!**

## **Lift Hyper/ Stab 4**

Instructions: During the superset, perform the first exercise at a moderate rep tempo immediately before performing the second exercise. Weight should progressively increase each set if possible.

Focus on range of motion and stability when applicable.

*Increase the weight for all exercises each week.*

### **Superset of 2 sets**

Hip Hinge Reach- 15 reps

Track Starter- 15 reps/side

Superman- 15 reps

Floor Bridge March- 15 reps/side

*Repeat new set*

### **Superset of 4 sets**

Barbell Sumo Deadlift 1- 15,12,10,8 reps

Lateral Alternating Power Step-Up – 10 reps/side

**Rest for 60 seconds**

*Repeat new set*

Dumbbell Upright Row 1- 3 sets x 12 reps

**Rest for 60 seconds in between sets**

Bulgarian Squat- 3 sets x 12 reps

**Rest for 60 seconds in between sets**

Dumbbell Side Bend- 3 sets x 20 reps

## **DAY 6**

Running 20 minutes

**DAY 7**

**Rest Day**