



Your ultimate  
muscle-building  
program



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PART 1

# The program



**You know the feeling.** You walk into the weight room all pumped to get strong and you forgot one thing: a plan. Because if you want to build all-over muscle, you need to game it out with a program that varies the focus and challenges your strength over time—plus includes plenty of recovery, since that’s when your muscles

have time to repair and grow bigger. If you’re ready to make some serious gains, this program is for you. This is NOT a plan for beginners. So, who is it for? People who have been seriously weight lifting for at least one year—ideally under expert supervision to correct form and advise on weight—and want to formalize their

training. Or seasoned lifters who are accustomed to longer training programs that want to try an all-over protocol with endurance components.

The seven-day plan, which you’ll do for six weeks, includes four strength training workouts designed to build the maximum amount of muscle as effectively and efficiently as possible. You’ll also have two days of active recovery—a 30 to 45 minute low-intensity steady state cardio of your choice—to round out your workout, support heart health, and give your body a reprieve from exercises with added weight. The remaining day is reserved for rest and recovery. (You’ll need it.)



● Strong mind. Strong body.

# How it works

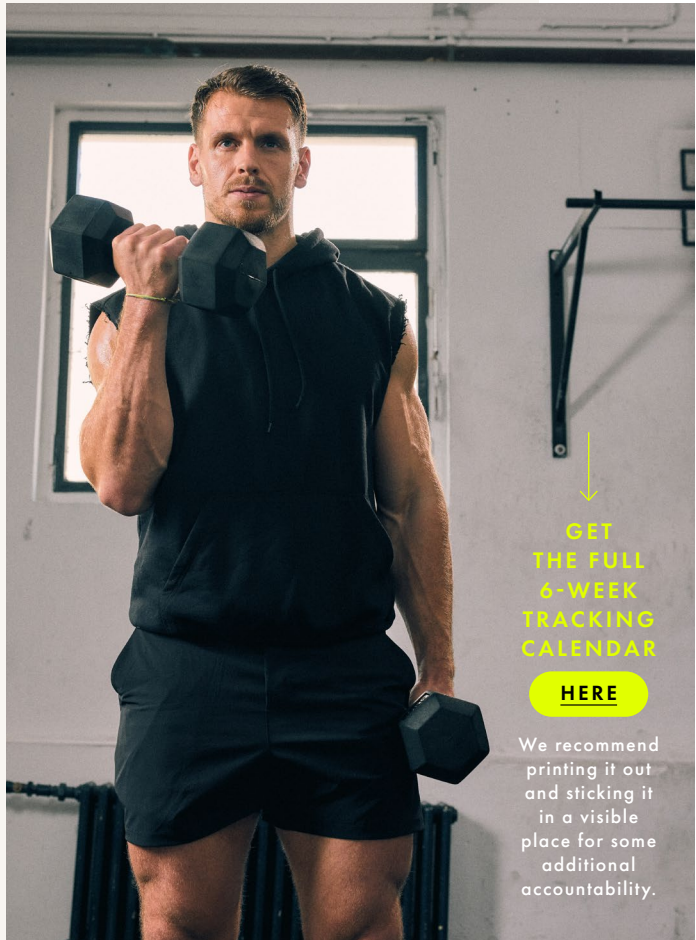
Throughout the week, you'll perform multiple supersets (back-to-back movements without rest) that typically work opposing muscle groups. According to research published in The Journal of Strength and Conditioning Research in 2021, these may help you build muscle and improve your cardiorespiratory health in a shorter period of time. Plus, this plan is also high-volume (lots of sets and reps), which is ideal for building muscle, according to a 2019 study published in Medicine & Science in Sports & Exercise.

## YOU WILL NEED

dumbbells, a barbell and weight plates, a bench, a plyometric box (optional), and a light resistance band

## WORKOUTS AT A GLANCE

- MONDAY**  
Chest & back
- TUESDAY**  
Legs & core
- WEDNESDAY**  
Active recovery
- THURSDAY**  
Shoulders & arms
- FRIDAY**  
Rest
- SATURDAY**  
Full body  
circuit training
- SUNDAY**  
Active recovery



↓  
GET  
THE FULL  
6-WEEK  
TRACKING  
CALENDAR

[HERE](#)

We recommend printing it out and sticking it in a visible place for some additional accountability.

## How to find your weight

At this point in your training journey, you're going to be looking at increasing your one rep max for certain movements—in this case, front squat, back squat, strict press, bench press, and deadlift. There are different calculations that people use to get estimates on their 1 RM, which is the maximum amount of weight you could lift for one rep of a given exercise. Since most people aren't training for their one rep max for all of these moves in real life, [here's a handy calculator](#) to get your numbers.

You don't have to use a 1 RM. Just start on the light side and add kilograms as it feels appropriate, until you find working weights that both challenge you, but you can complete all the reps. Start with light weights (or with a dowel or PVC pipe) to lock in the movement pattern before gradually adding weight. By about two-thirds of the way through the set, you should have found your working

weight—the resistance is challenging, but you can still complete all of the reps with good form, without having to go lighter. If you're reaching your working weight in the first set, you've loaded up too soon. If you're still adding on kilos in the last set, make a note and start a little heavier next time.

As the weeks go on, the working weight will rise slowly.

But don't force it! Completing sets and especially doing it with good form will not only keep you from getting hurt, but it will actually help your gains. Because if you're lifting too much for your body, you're bound to get injured or other muscles will be overcompensating, setting you up for imbalances.

Other moves give you instructions for dumbbell weight—

light, medium, or heavy. Pick weights that you will be able to maintain throughout the workout and with good form. You can go up incrementally in weights throughout the sets, but avoid going so heavy that you have to drop down halfway through. This will take some trial-and-error, but in general, even if your first set feels a little light, you'll still be grunting by the end.

If it's hard to maintain correct deadlift posture at the beginning of the lift, [research from Hong Kong](#) suggests using a weight lifting belt might help.



# How to do it

**Follow the program** for six weeks. For weeks one and two, complete the workouts as prescribed. For weeks three and four, slightly increase the amount of weight

you're using for each of the exercises. Then, for weeks five and six, increase the amount of weight you're using again, and perform one additional set of each exercise.

Keep a spreadsheet or journal and record the working weight for each movement—[download our helpful tracker here](#)—meaning the weight you reached

after warm-up and maintained throughout the sets. Also record whether the workout felt too easy, just right, or too hard. That way you can adjust the starting and working weights for the following week. After training weeks 1 and 2, re-calculate your 1 RM to see if it's gone up. If so, increase the working weights by that amount.

Want a little extra accountability? Download [this 6-week calendar overview](#) and put it somewhere you'll see every day to track your progress.

If you don't want to be as prescriptive, that's fine. Still, it's helpful to record the working weight and how you felt, even if you'll experience some natural fluctuation from week to week owing to factors like sleep, nutrition, and stress.



# The workouts

**Each day will** generally have a warm-up, a mobility move specific to the body part you're training that day, a straight set (one movement), a superset (two movements), and a cash-out, which is your "exit fee" for the workout. Sometimes the cash-out is a superset, sometimes it's a straight set. Don't substitute these movements for something else. They're chosen because they will kick your ass right at the end, but you won't risk injury. If you've given it your

all during the workout, and you truly have no fuel left in the tank, you can skip the cash-out.

For each movement, you'll see a rep scheme and a rest instruction. 6 x 8 means 6 sets of 8 reps. If you want to build brute strength, keep the rep scheme the same throughout the six weeks, but increase the weight. If you're focused on improving muscular endurance, increase the sets and reps, but keep the weights largely the same. One way you'll track this

progress is through your journal when you record whether a certain workout was too easy, just right, or too hard.

Above all else, form is key. If you've never done these movements before,

start light. If you can afford to work with a trainer who's well versed on weight lifting and is able to critique form, even better. Because no one is gaining any muscle if they're on the disabled list.

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## Active recovery

On these days, pick an activity you enjoy—that doesn't include picking up heavy items and putting them down. This might be a bike ride, yoga session, walk or easy jog, or even some serious foam rolling. (We're talking 30 minutes of work.) You'll keep the blood flowing to your muscles, which helps them repair from the effort you put in on your lifting days.



# Post-workout recovery

## This plan should

feel big and challenging, but not overwhelming. If you're at the beginning of the plan and getting destroyed then it could be that the weight you're using is too heavy, you need an additional rest day per week, or you want to use workouts within this plan to augment your current exercise routine. All of those things are totally legitimate.

However, if you're sticking to this plan but really feeling the cumulative effects of the workouts and the soreness is getting to you, it might be that you need to recover better.



## A few suggestions

- **Try a percussive massager.**  
These handheld massage guns thump at your soft tissue to break up the fascia—the tissue that surrounds your muscles (as well as organs, bones, nerve fibers and blood vessels)—and get fascia fluids flowing, which will help with mobility. Speaking of flow, percussive massagers also seem to help with lactic acid build-up, and they might help stave off delayed onset muscle soreness, which is that wave of oh-god-I-can't-get-out-of-bed that happens 24 to 72 hours after a big workout. We like the Hypervolt 2 by Hyperice because it's a light 820 grams, has an adjustable intensity, and is quiet enough that you can easily hear the end of that podcast episode as you go to town on your hamstrings. Plus it has a whole slew of massage routines in the app so you don't have to give much thought to your recovery.
- **Make sure you're getting ample protein.**  
Eating a helping of protein within one hour of a weightlifting session is going to help with protein synthesis in the long run. And getting enough post-workout hydration may help you bounce back in the short term. (We've got a breakdown of the macronutrients you need and the supplements that will help you in the nutrition section of this plan, so keep reading!)
- **Skip the ice plunge.**  
Popular among athletes and Wim Hof devotees, an ice plunge is a way to decrease muscle soreness after a big effort. (World-class runners like Bjorn Koreman have been known to get done with an outing and jump straight into the deep chill.) But if you're looking to make gains, some research suggests that dipping into the freezing cold might actually hinder muscle growth.

# 2



PART 2

# The training schedule

# Training Schedule

FS

## THE WARMUP

### Four rounds of:

- jumping jacks (30 seconds)
- lateral lunges (10 reps on each side)

### One round of:

- walkouts (10 reps)
- world's greatest stretch (10 reps on each side)

\*\* Rest two minutes and drink water

## MON

CHEST  
&  
BACK

### MOBILITY MOVES

- banded pull-apart (10 reps)
- T-spine windmill stretch (8 reps on each side)

### STRAIGHT SET

- barbell or dumbbell bench presses

6-8 x 8, start with an empty bar and work up to 50% to 70% of your one rep max, with up to 2 minutes of rest in between sets. If possible, ask a spotter to help you.

### SUPERSET

- dumbbell flies
- barbell or dumbbell bent-over rows

6 x 8-12, use medium dumbbells for the flies and medium- to heavy for the bent-over rows. Rest 1 minute between sets.

### CASH-OUT

- pull-ups
- push-ups

Round one, do 1 pull up and four push-ups. Round 2, do 2 pull ups and 4 push ups. Continue adding 1 pull up each round until failure. Rest as needed between sets.

## TUES

ACTIVE  
RECOVERY

### CARDIO

- 30-45 minutes at 60-75% of your maximum heart rate

## WED

LEGS  
&  
CORE

### MOBILITY MOVES

- 90/90 stretch (1 min on each side)
- deep squat rotation (8 reps on each side)

### STRAIGHT SET

- barbell or dumbbell front squats

8 x 6, working at 60% to 70% of your one rep max, with up to 2 minutes of rest in between sets.

### SUPERSET

- dumbbell or body-weight lunges
- stiff-leg dumbbell or barbell deadlifts

6 x 10, use light to medium weight for the lunges, and medium- to medium-heavy weight for the deadlifts. Rest 1 minute between sets.

### CASH-OUT

- lateral dumbbell lunges
- single leg glute bridges

6 x 10, use a light to medium dumbbell for the lunges. Rest as needed between sets.

## THU

### SHOULDERS & ARMS

#### MOBILITY MOVES

- military plank (10 reps)
- banded pull-aparts (10 reps)

#### STRAIGHT SET

- barbell or dumbbell shoulder presses

6-8 x 8, starting with light dumbbells or an empty bar and slowly increasing weight. Rest up to 2 minutes between sets. Do not go to failure.

#### SUPERSET

- dumbbell front raises
- dumbbell reverse flyes

6 x 8-12, use light dumbbells. Rest 1 minute between sets.

#### CASH-OUT

- alternating dumbbell curls
- lying dumbbell tricep extensions

6 x 10, use medium to heavy dumbbells. Rest as needed between sets.

## FRI

### REST DAY

Get some extra sleep!

## SAT

### FULL-BODY TRAINING

#### MOBILITY MOVES

- overhead squat to pike (10 reps)
- T-spine windmill stretch (8 reps on each side)

#### STRAIGHT SET

- back squat

6-8 x 8, start with an empty bar and work up to 65% to 70% of your one rep max, with up to 2 minutes of rest in between sets. If possible, ask a spotter to help you.

#### FULL-BODY CIRCUIT

- dumbbell or barbell thrusters
- dumbbell or barbell bent-over rows
- floor presses
- plyo box step-ups

6 x 10, pick weights for the thrusters, rows, and floor presses that you can maintain for the entire workout without dropping to lighter weights. Use a plyo box or workout bench for step-ups. Rest as needed between sets.

#### CASH-OUT

- crunches (50 reps)

## SUN

### ACTIVE RECOVERY

#### CARDIO

- 30-45 minutes at 60-75% of your maximum heart rate

# 3

PART 3

## Your nutrition & supplementation checklist



# Eating for muscle building



## First things first:

You have to be eating enough to build muscle. But you also need to focus on the right macronutrients. [Molly Kimball, RD, CSSD](#), a sports dietitian based in New Orleans, in the U.S., recommends focusing on protein and carbohydrates for building muscle and getting leaner.



Protein plays a critical role in muscle protein synthesis—the process of building muscle mass—while carbs provide energy for workouts and aid in recovery. Aim for 1.6 to 2.2 grams of protein per kilogram of body weight, spaced throughout the day to stimulate muscle protein synthesis and make sure all of that protein is fully utilized (too much at once [and your body can't process it](#)). And don't forget about fat either! It's important for cellular function, regulating hormones, and absorbing vitamins. Aim for about 1g of fat per kilogram of body weight, and make up the remainder of the caloric target with carbohydrates.

Here are two examples of how the macro breakdown might look for you.

### If you weigh 80 kilos eating a 2,500 kcal diet...

- 160 grams of protein—640 kcal
- 80 grams of fat—720 kcal
- 285 grams of carbohydrates—1140 kcal

### If you weigh 65 kilos eating a 2,000 kcal diet...

- 130 grams of protein—520 kcal
- 65 grams of fat—585 kcal
- 224 grams of carbohydrates—895 kcal

Not sure where to start getting the right macros to support your goals? We've got 10 recipes to help with that. [Check them out.](#)

If you want to muscle up, you'll probably want to join the clean plate club. Ryan Page, who works in Product & Innovation here at foodspring, recommends a calorie surplus if you want to make gains. What constitutes a surplus is individual, but you're probably looking at 300 to 500 calories per day over what you consume. You can increase your muscle mass without going into a calorie surplus; your body weight will increase since muscle tissue is heavier than fat, but your body fat percent will tick downward. If you want to go this path, increase the percentage of calories you get from protein, and take a little away from both fat and carbs. This can be done by ensuring that your macro split provides adequate protein (1.6-2.2g/kg of body weight) and that you're consuming sufficient carbohydrates (4g/kg of body weight) at the right time. Carbs should be consumed within the first 4 hours and not later than 6 hours after high fatigue-inducing exercise to support optimal recovery.

# The supplements

These foodspring products are the ideal companions for your goal:



● Fueled by foodspring

## Protein Shakes

These sippers provide you with all the essential amino acids that your body cannot produce itself and needs for muscle building.\* If the amino acid profile is not complete, muscle protein synthesis cannot take place. Plus, a shake is quick to mix, tastes delicious, and makes it easier for you to meet your daily protein needs.

### WHEY PROTEIN:

Our classic protein powder with 24g of protein per serving.

### CLEAR WHEY:

Made from whey protein isolate, Clear Whey contains even less carbohydrates, fat and lactose and contains 26 g of protein per serving.

### VEGAN PROTEIN:

For those on a plant-based diet or who want to avoid dairy. Our Vegan Protein is the perfect combination of pea, sunflower, hemp and chickpea proteins, plus added vitamins and minerals. With 24 g of protein per serving, the shake contains all essential amino acids.

## Creatine

This naturally occurring compound plays an important role in the formation of ATP and is naturally stored in your muscles. ATP is your muscle fuel and is the first thing available during physical exertion. The disadvantage of this is that the supply only lasts for a few seconds. But the more creatine is available, the more ATP can be formed. Therefore, creatine is ideal as a dietary supplement to have more power during short-term high loads such as strength training\*\*.

## Zn:Mg

Especially during intense training sessions, the body loses a lot of fluid and therefore also valuable minerals such as magnesium and zinc. Magnesium is essential for life and contributes, among other things, to normal muscle function and the reduction of fatigue and fatigue. Zinc contributes, among other things, to a normal metabolism of macronutrients. To meet an increased need for micronutrients, we recommend our ZN:MG capsules in addition to a balanced diet.

\* Proteins contribute to muscle building.

\*\* Creatine increases physical performance during successive, short-term, high-intensity exertion. A positive effect is achieved with a daily intake of 3 g creatine.

# 4



2 Min Cardio  
4 Min Tabata

8-6 reps  
20% 30% 40% 12h

- a) 5-3-1-5-3-1  
Strict press  
8-12 ring dips in between
- b) AMRAP 14 Min  
12 old DB snatch (50/35)  
3 box jump over  
6 shoulder 2 overhead (60/40)

4+21 (40)  
6+13 (60)  
7+25 (100)  
8+13 (70)  
9+24 (100)  
10+5 (35)  
11+30 (30)  
12+10 (40)  
13+14 (41)  
14+8 (40)  
15+7+21 (44)  
16+8 (35)  
17+5 (50)  
18+10 (10)

Lea 5 (25)  
Dmol 4 (25)  
Jad 5+31 (30)  
Kear 6+14 (14)

PART 4

# The moves



# The warm-up

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## WALKOUT

Start standing tall. Soften your knees and place your hands on the ground, then walk them out until you're in a push-up position. Then reverse the movement and return to start for one rep. Want a little extra heat? Do a push-up before reversing the movement.

WATCH THE VIDEO

## WORLD'S GREATEST STRETCH

Start in a high plank. Bring your right leg to the outside of your right hand and allow your left leg to bend slightly. Reach toward the ceiling with your right hand. Pause, then bring your hand down and return to start. Alternate sides with each rep.

WATCH THE VIDEO



## JUMPING JACKS

Stand tall with your legs together and your arms at your sides. Jump in the air and spread your legs to about shoulders-width apart while raising your arms to your sides and up

overhead. Land softly and repeat.

WATCH THE VIDEO

## LATERAL LUNGES

Stand tall with your feet hips-distance apart. Clasp your hands in front of your

chest, keep your left leg straight, and step wide with your right leg, bending it as you lower down to parallel. Straighten your right leg and reverse the movement. Repeat, alternating sides.

WATCH THE VIDEO

# Chest & back moves

## MOBILITY MOVES

### BANDED PULL-APART

Stand tall, holding an end of a light resistance band in each hand. Raise arms to shoulder-height to start, then slowly pinch shoulder blades together while pulling fits to the sides, then reverse to start.

WATCH THE VIDEO

### T-SPINE WINDMILL STRETCH

Lie on your left side, legs stacked, hips and knees at a 90-degree angle, arms extended at shoulder height and stacked, to start. Keeping your right arm extended, slowly sweep your right hand counterclockwise over head, rotate spine until back is flat on the floor, and right hand is extended to right side. Reverse to start. Do all reps on the same side, then switch sides.

WATCH THE VIDEO



Sleep is crucial to getting big. Give your muscle synthesis slumber a boost with a healthy serving of protein before bed, according to research in [The Journal of Nutrition](#).

**STRAIGHT SET**

**BARBELL OR  
DUMBBELL  
BENCH PRESSES**

Lie on a flat bench, feet flat on the floor, holding a barbell or two dumbbells just over your chest, to start. Press straight up, maintaining a slight bend in your elbows at the top. Pause, then reverse to start for one rep. (Note: It's safest to have a spotter helping you.)



A

**WATCH THE VIDEO**

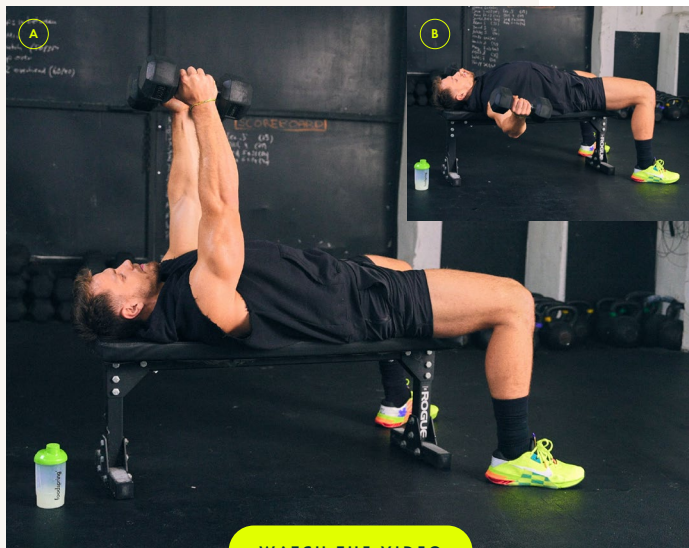


B

SUPERSET

DUMBBELL FLYES

Hold a dumbbell in each hand, lie back on a bench and keep your feet flat on the floor. Bring the dumbbells together above your chest. Maintaining a slight bend in your elbows, open your arms out to each side until approximately parallel with your chest. Contract your pecs and return to the top, then repeat.



WATCH THE VIDEO

BARBELL OR  
DUMBBELL  
BENT-OVER ROWS

Holding a barbell or two dumbbells, bend your knees, and hinge forward while maintaining a flat back, to start. (If you're using dumbbells, make sure your palms are facing in.) Hold the barbell or dumbbells in front of you, engaging your shoulders, and row both arms at the same time. Return to start for one rep.



WATCH THE VIDEO

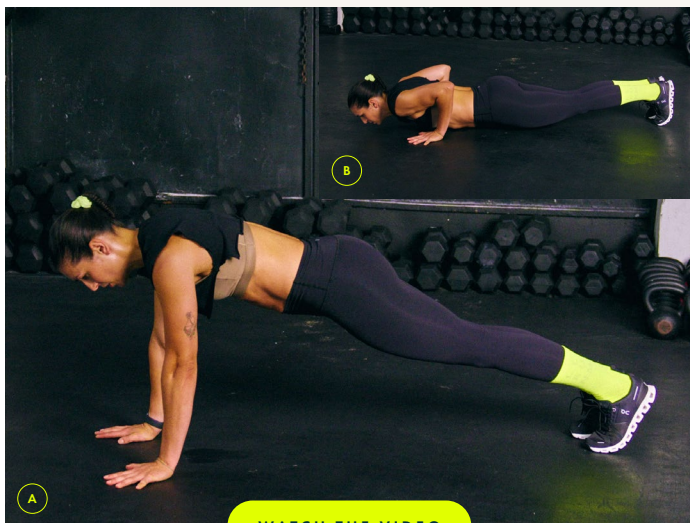


WATCH THE VIDEO

## CASH-OUT

### PULL-UPS

Hang from a pull-up bar with your hands slightly wider than shoulders-width apart. Pull your body up until your chin is just above the bar for one rep. Lower down with control and repeat.



WATCH THE VIDEO

### PUSH-UPS

Start in a high plank. Slowly lower your body towards the ground, then quickly reverse to start for one rep.

FS

TUESDAY

## Active rest day

Do some easy movement to get the blood flowing. Biking, a jog, or a yoga class would be great. Keep the nutrition and hydration up, too.



# Legs & core moves

## MOBILITY MOVES

### 90/90 STRETCH

Sit on the floor with your left leg in front of you, thigh pointed ahead and left foot pointed to the right, right thigh to the right side, right foot pointed behind you. Move your torso around to make the stretch more or less intense. Stay in this position for a minute, then take a break (standing or sitting), then switch sides.

WATCH THE VIDEO

### DEEP SQUAT ROTATION

Start in a deep squat, feet slightly wider than hip-width apart, heels on the floor. Rotate torso and extend right arm until fingertips point toward the ceiling, then slowly reverse to start and switch sides.

WATCH THE VIDEO



Practicing yoga is great for improving balance, posture, and core stability, which are essential attributes for weight lifting.



**STRAIGHT SET**

**BARBELL OR  
DUMBBELL FRONT  
SQUATS**

Rack the weight or weights in front of you so it's resting on your shoulders. Squat to parallel, then return to standing. Repeat.

**WATCH THE VIDEO**

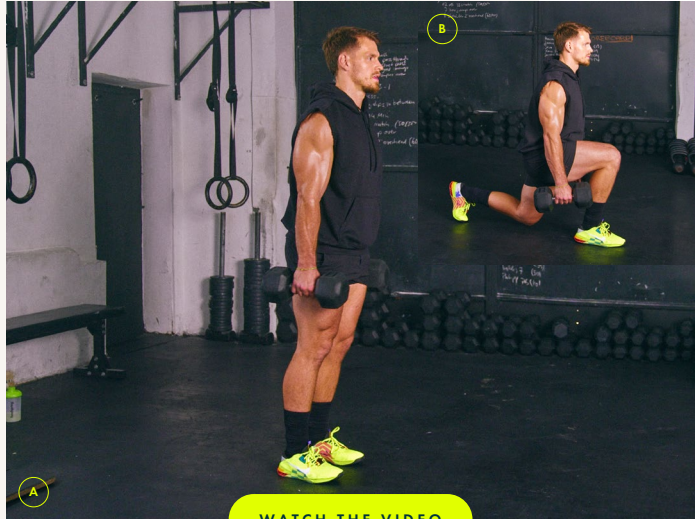




**SUPERSET**

**DUMBBELL  
OR BODYWEIGHT  
LUNGES**

Holding two dumbbells by your sides, or with your hands on your hips, step forward with your left leg into a lunge. Lower until your back knee is hovering just above the ground, then reverse the movement to return to standing. Repeat with your right leg for one rep.

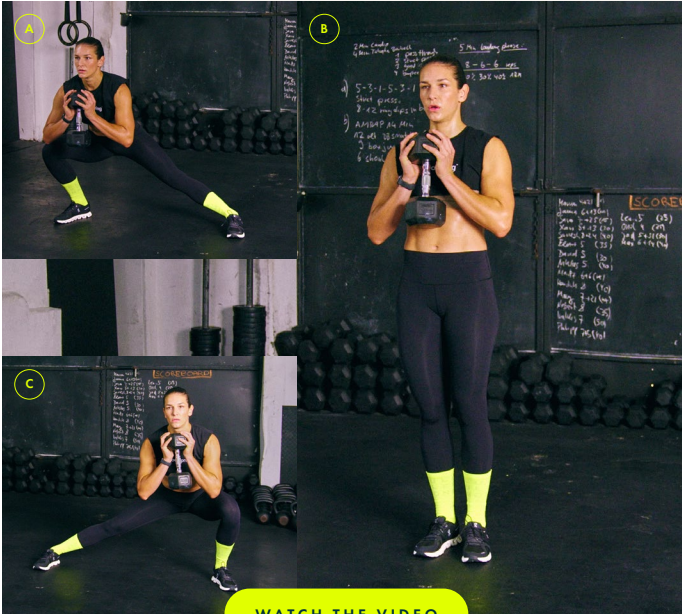


**STIFF-LEG  
DEADLIFTS**

Stand tall, shoulders retracted and down, holding a barbell or dumbbells in front of your thighs. Keeping legs straight with a slight bend at the knee, hinge hips back and slowly lower the bar until you feel a stretch in your hamstrings and glutes, then powerfully reverse to start.



**WATCH THE VIDEO**

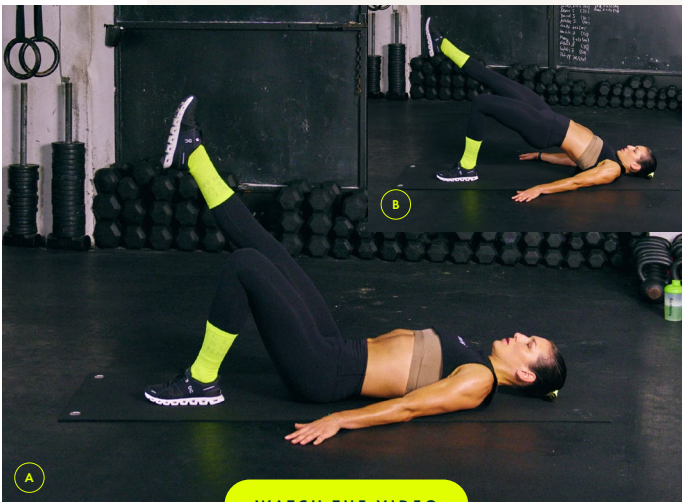


WATCH THE VIDEO

CASH-OUT

LATERAL  
DUMBBELL  
LUNGES

Stand tall with your feet hips-width apart while holding a single dumbbell in front of you. Step wide with your right leg, bending it as you lower down to parallel and keeping your left leg straight. The dumbbell should track along your right thigh. Straighten your right leg and reverse the movement. Repeat, alternating sides.



WATCH THE VIDEO

SINGLE-LEG  
GLUTE BRIDGES

Lie on the floor, knees bent, feet flat, to start. Lift right leg, then press through left foot into a bridge. Hold for a couple seconds, then reverse to start, tap the ground with your butt, and quickly return to a bridge. Complete all reps on the right side, then switch sides.

THURSDAY

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# Shoulders & arms moves

## MOBILITY MOVES

### MILITARY PLANK

Start in a high plank position. Drop right forearm to floor, then left forearm, and reverse to start. For the next rep, start with the left forearm.

[WATCH THE VIDEO](#)

### BANDED PULL-APART

Stand tall, holding an end of a resistance band in each hand. Raise arms to shoulder-height to start, then slowly pinch shoulder blades together while pulling fits to the sides, then reverse to start.

[WATCH THE VIDEO](#)



If you're used to working out solo, experiment with lifting with a training partner—great for critiquing form and additional accountability. Plus it can make the gym more fun.



WATCH THE VIDEO



**STRAIGHT SET**

**BARBELL OR DUMBBELL SHOULDER PRESSES**

Stand tall, lower back neutral, holding a barbell or dumbbells in the front rack position, to start. Without using your lower body, press the weight overhead, keeping a slight bend in your elbows at the top. Slowly reverse to start for one rep.

**SUPERSET**

**DUMBBELL  
FRONT RAISES**

Stand tall, holding a dumbbell in each hand either on top of thighs or just to the side, to start. Engage shoulders and back to raise arms to eye level, then slowly lower to start for one rep. Complete one side before alternating to the other arm.



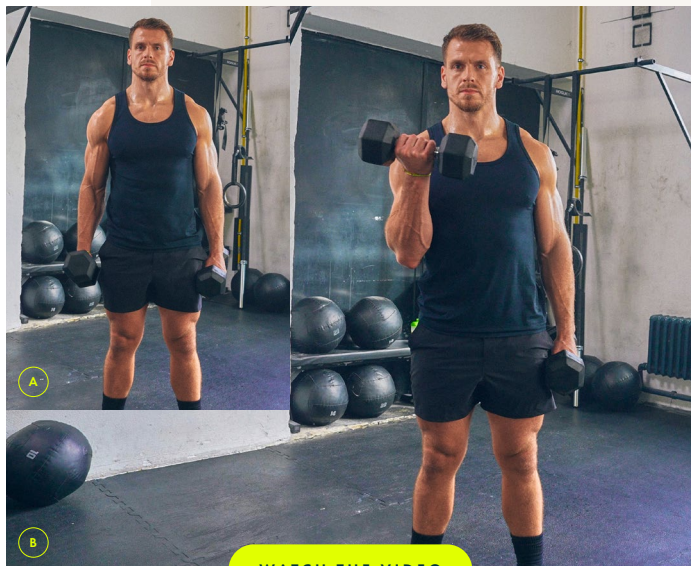
[WATCH THE VIDEO](#)

**DUMBBELL  
REVERSE FLYES**

Stand with a dumbbell in each hand, feet staggered. Hinge hips back and bend forward until torso is almost parallel to the floor, palms facing each other, to start. Engage shoulders and back to slowly open up your arms out to each side, maintaining a slight bend in the elbow, while squeezing shoulder blades together. Slowly return to starting position for one rep.



[WATCH THE VIDEO](#)



WATCH THE VIDEO

### CASH-OUT

#### ALTERNATING DUMBBELL CURLS

Stand tall holding a dumbbell in each hand, palms facing each other, to start. Raise the dumbbell in your right hand up to your shoulder while rotating your palms upwards, then slowly lower it back down to start. Repeat on the left side for one rep. Continue alternating sides with each rep.



WATCH THE VIDEO

#### LYING DUMBBELL TRICEP EXTENSIONS

Lie on a bench, feet flat on the floor, holding one dumbbell in each hand and above chest, to start. Bend elbows to bring the dumbbells behind your head, then reverse to start for one rep.

FRIDAY

# Rest day

FS

SATURDAY

# Full-body training

## MOBILITY MOVES

### OVERHEAD SQUAT TO PIKE

Stand with feet shoulder-width apart, arms outstretched overhead making a v, squeezing together shoulder blades and pulling them down. Maintaining engaged shoulder blades with arms in a v, drop into a squat with torso tilted slightly forward, and hold; then, lift hips and tilt torso toward the floor, grabbing toes with fingers and extending legs until you feel a stretch in your hamstrings, then reverse to start. Continue slowly switching between squats and straight-leg toe touches.



## WATCH THE VIDEO

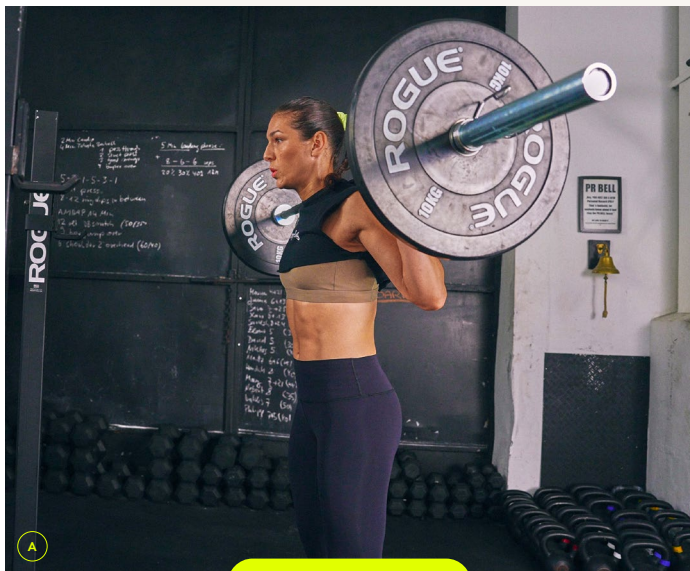
### T-SPINE WINDMILL STRETCH

Lie on your left side, legs stacked, hips and knees at a 90-degree angle, arms extended

at shoulder height and stacked, to start. Keeping your right arm extended, slowly sweep your right hand counterclockwise over head, rotate spine until back is flat on the

floor, and right hand is extended to right side. Reverse to start. Do all reps on the same side, then switch sides.

## WATCH THE VIDEO



A

WATCH THE VIDEO



B

## STRAIGHT SET

### BACK SQUATS

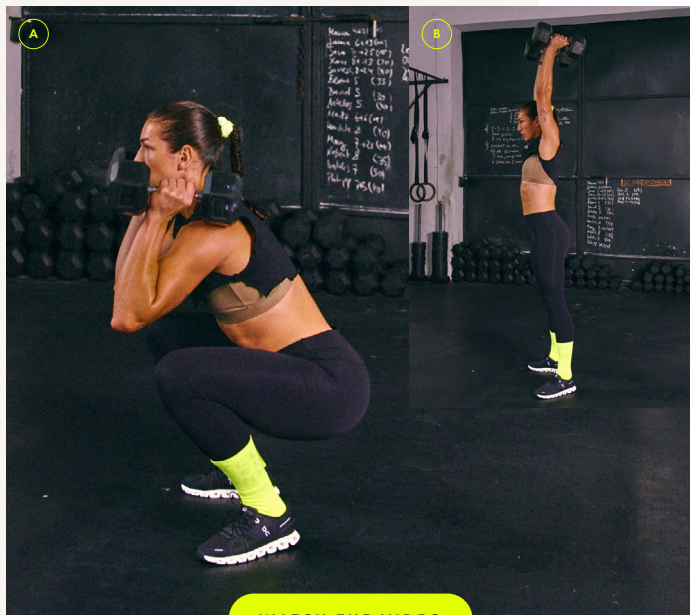
Stand tall, with a loaded barbell across your shoulders, hands gripping the ends to form a wide “w” with your arms, feet hip-width apart, to start. Keeping the torso tall, core tight, squat until hips go beneath knee level, then press through feet to reverse to start for one rep.



CIRCUIT  
WORKOUT

DUMBBELL  
THRUSTERS

Stand with two dumbbells in the front rack position, to start. Squat, then powerfully press through your feet to stand and press the dumbbells overhead, for one rep. In one fluid motion, return dumbbells to the front rack position while dropping into a squat, and repeat.



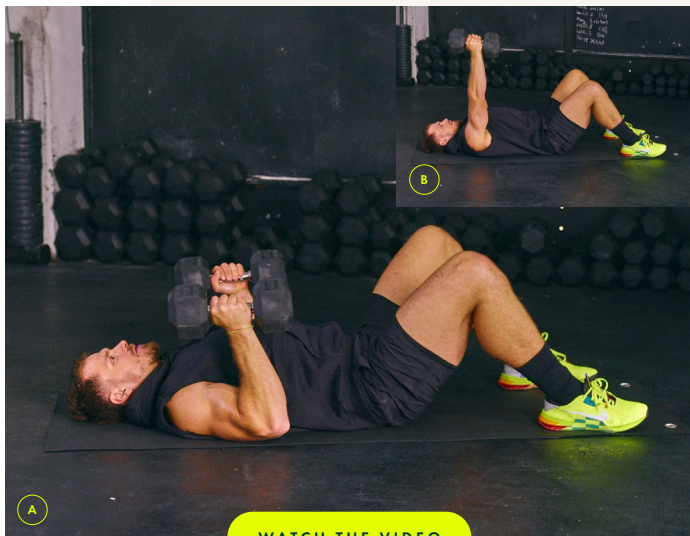
WATCH THE VIDEO

DUMBBELL  
BENT-OVER ROWS

Holding a dumbbell in each hand, bend your knees, and hinge forward while maintaining a flat back, to start. Hold the dumbbells in front of you, engaging your shoulders, and row both arms at the same time. Return to start for one rep.



WATCH THE VIDEO



WATCH THE VIDEO

## DUMBBELL FLOOR PRESSES

Lie on the floor, knees bent, feet flat, arms to the side, elbows slightly lower than shoulder height, forearms in the air, a dumbbell in each hand, to start. Maintaining a neutral spine, powerfully press the dumbbells above chest, then slowly return to start, for one rep.



WATCH THE VIDEO

## STEP-UPS

Stand in front of a plyo box or bench. Carefully step up with your right leg and stand tall at the top, then return to start with control. Repeat on the left leg for one rep.

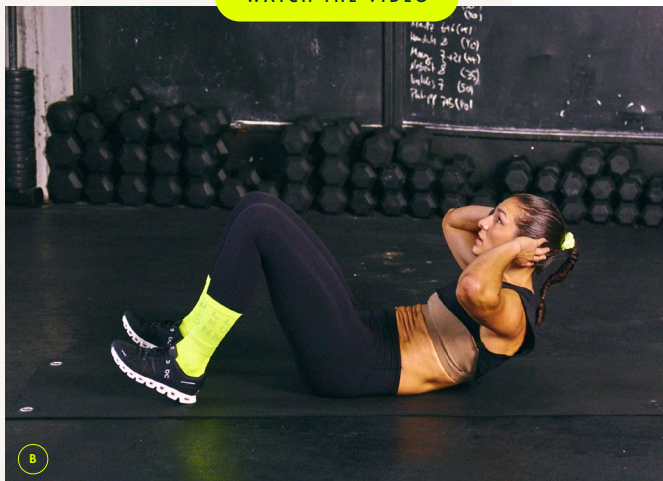
CASH-OUT

CRUNCHES

Lie on the ground with your knees bent, heels on the floor, toes up. Engage your core and perform a sit-up. Repeat.



WATCH THE VIDEO



Sometimes life gets in the way of our plans. If your training schedule gets thrown off, don't panic. Restart the week that got messed up, and go easy on the kilos when you're loading on weight. Everyone's path is unique.

SUNDAY  
**Active rest**



FS



CONSISTENCY IS KEY

5 Min. leading phase  
+ 8-6-6 reps  
20% 30% 40% 18h

1-5-3-1  
press  
max dips in between  
2 14 Min  
Bench (50%)  
end (6)