

Starter Workout-WK1

Monday: Legday

A-1 Band Walk	3x15yd	*1 standing, 2 squatted, 3 double dist.
A-2 Single Leg RDL	3x10	*10-25lb min
A-3 1 leg Ham Press	3x12	*Hammer strength press (next to lying leg curl)
B-1 Jump-squat	3x25	
B-2 Barbell Squat	4x10	*Heavy as possible!!!
B-3 1 Leg Squat	3x10	*per leg unweighted
C-1 Kneeling cbl crunch	3x30	*cable crunch (pulley set at highest setting)
C-2 Plank	3x45sec	

Tuesday: Triceps

A-1 Seated OH DB Ext.	3x15	*Overhead dumbbell extension
A-2 Lying Single DB CP	3x25	*Dumbbell center press
A-3 Bench Dip	3x25	*1st 2 of superset can be done on flat or inc.
B-1 Jump squat	3x15	
B-2 Pushup	4x25	*do amrap regular, before modifying your form
B-3 Assisted Dips	4x20	
C-1 Lying Single leg JK	3x25	*Jack knife (swinging leg crunch)
C-2 Oblique crunch	3x25	*Legs folded to 1 side

Wednesday: Interval (20sec on 10sec off)

Kettle Bell Swing	8xAMRAP	*as many reps as possible in 20 sec
Kettle Bell BDL	8xAMRAP	*Bent leg dead lift
Kettle Bell Front Squat	4xAMRAP/S	*alternate sides per set = 8 total
Kettle Bell SA snatch	4xAMRAP/S	*single arm, alternate sides per set = 8 total
Kettle Bell Russian Twist	8xAMRAP	
Bike (1min on 1min off)	20min	*min1 > max target HR; min2 < target HR approx 5 resistance difference btw 2

Thursday: Back and Bi

A-1 Forward Lunge	3x10/s	*in place 10/side
A-2 Seated Mach Row	3x15	*Heavy as possible to reach 15
A-3 SA dumbbell row	3x12	
A-4 Alternating DB curl	3x15	
B-1 Swiss ball leg curl	3x15	
B-2 Assisted Pullups	3x15	
B-3 Light BB curl	3x20	*approx 20lbs
Side Plank	4x30sec	

Friday: Legs and Shoulders

A-1 Hex Bar BDL	3x10	*Challenging weight Bent Leg Deadlift
A-2 Single Leg B-Bridge	3x15	*Bench Bridge
A-3 Lying Leg curl	3x15	
B-1 Leg Press	3x25	
B-2 Pop Squat	3x25	
C-1 Bent over lateral	3x15	
C-2 Front Raise/Lateral	3x10	*Alternate Between exercises with every rep
D-1 Jack Knife	3x15	
D-2 Plank	3x45sec	

Starter Workout-WK2

Monday: Legday

A-1 Band Walk	3x15yd	*1st lap standing, 2nd lap squatted, 3rd lap double dist. standing
A-2 Single Leg RDL	3x12	*15-25lb min
A-3 1 leg Ham Press	3x15	*Hammer strength press (next to lying leg curl)
B-1 Jump-squat	3x15	
B-2 Barbell Squat 4x10		*Heavy as possible on last set (work up to higher weight than last wk by last set)
B-3 1 Leg Squat 3x10		*per leg unweighted
C-1 Kneeling cbl crunch	3x20	*cable crunch (pulley set at highest setting)
C-2 Plank	3x60sec	

Tuesday: Triceps

A-1 Seated OH DB Ext.	3x15	*Overhead dumbbell extension
A-2 Lying Single DB CP	3x15	*Heavier than Last wk
A-3 Bench Dip	3x15	*25lb weight on lap.
B-1 Jump squat	3x15	*Weighted >= 15lbs
B-2 Pushup	4x15	*no modification
B-3 Assisted Dips 4x15		
C-1 Lying Single leg JK	(3x15)2	*Jack knife (swinging leg crunch); do 15 per leg then repeat before C-2
C-2 Oblique crunch	3x25	*Legs folded to 1 side

Wednesday: Interval (20sec on 10sec off)

Kettle Bell Swing	8xAMRAP	*as many reps as possible in 20 sec
Kettle Bell BDL	8xAMRAP	*Bent leg dead lift
Kettle Bell Front Squat	8xAMRAP	*use a KB in each hand (15lbs)
Kettle Bell 2A snatch	8xAMRAP	*2 Arm, use 15lb KB's
Kettle Bell Russian Twist	8xAMRAP	
Bike (1min on 1min off)	20min	*min1 > max target HR; min2 < target HR approx 5 resistance difference btw 2

Thursday: Back and Bi

A-1 Forward Lunge	3x10/s	*in place 10/side
A-2 HS Incline Pull	3x20	*Hammer Strength: Heavy as possible to reach 20
A-3 SA dumbbell row	3x10	*Single Arm: >=20lbs
A-4 DB curl	3x15	*Dumbbells together with full stretch @ bottom
B-1 Swiss ball leg curl	3x20	
B-2 Assisted Pullups	3x10	*Very little assistance
B-3 Barbell curl	3x10	*approx 20-30lbs
C-1 Side Plank	4x30sec	

Friday: Legs and Shoulders

A-1 Hex Bar BDL 3x10		*Challenging weight Bent Leg Deadlift
A-2 SL Lying Leg Curl	3x10	*Single Leg
A-3 Weighted B-Bridge	3x10	*Bench Bridge
B-1 Leg Press	3x15	
B-2 Pop Squat	3x25	*Weighted
C-1 Bent over lateral	3x10	
C-2 Front Raise/Lateral	3x10	*Alternate Between exercises with every rep
D-1 Jack Knife	3x25	
D-2 Plank	3x45sec	

Starter Workout-WK3

Monday: Legday

A-1 Band Walk	3x15yd	*1 lap standing, next 2 squatted
A-2 Single Leg RDL	3x15	*15lb min
A-3 1 leg SB Lec Curl	3x15	*Swiss Ball 15/side
B-1 Jump-squat	4x20	
B-2 Leg Press	4x10	*Heavy as possible on last set
B-3 1 Leg Squat	3x15	*per leg unweighted
C-1 Kneeling cbl crunch	3x20	*cable crunch (pulley set at highest setting)
C-2 Plank	3x75sec	

Tuesday: Triceps

A-1 Seated OH 2DB Ext.	3x15	*Overhead dumbbell extension
A-2 Lying 2DB CP	3x20	*Squeeze same two weights together from previous ex for Center Press
A-3 Bench Dip	3x25	*Straight Leg
B-1 Jump squat	4x25	*Weighted >= 15lbs
B-2 Pushup	4x15	*no modification
B-3 Assisted Dips	4x20	
C-1 Lying Single/2 leg JK	3x15	*Jack knife (swinging leg crunch) 1leg, other leg, then both = 1rep
C-2 Oblique crunch	3x15	*Legs folded to 1 side, Weighted

Wednesday: Interval (20sec on 10sec off)

Kettle Bell Swing	8xAMRAP	*as many reps as possible in 20 sec
Kettle Bell RDL	8xAMRAP	*Straight Leg (Romanian) Deadlift
Kettle Bell Goblet Squat	8xAMRAP	*>= 25lbs
Kettle Bell 2A snatch	8xAMRAP	*2 Arm, use 15lb KB's
Kettle Bell Bosu Crunch	8xAMRAP	
Bike (1min on 1min off)	20min	*min1 > max target HR; min2 < target HR approx 5 resistance difference btw 2

Thursday: Back and Bi

A-1 Jumping Split Squat	3x10/s	*in place 10/side
A-2 Lat Pull Down	3x20	*Hammer Strength: Heavy as possible to reach 20
A-3 SA KB row	3x10	*Single Arm Kettle bell with overhand-underhand rotation
A-4 DB curl	3x15	*Dumbbells together with full stretch @ bottom
B-1 Swiss ball leg curl	3x20	
B-2 Assisted Pullups	3x10	*Very little assistance
B-3 Barbell curl	3x10	*approx 20-30lbs
C-1 Side Plank	4x30sec	

Friday: Legs and Shoulders

A-1 Barbell RDL	3x15	*Straight Leg (Romanian) Dead Lift
A-2 Seated Leg Curl	3x15	*Heavy
A-3 Bosu Bridge	3x25	*Bench Bridge
B-1 Leg Press	3x25	
B-2 Pop Squat	3x25	*Weighted
C-1 Bent over lateral	3x15	
C-2 Front Raise/Lateral	3x12	*Alternate Between exercises with every rep
D-1 Jack Knife	3x10	
D-2 Plank	3x60sec	