



EMBRACE THE SUCK

12-WEEK

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Program Overview: This week is a lower body, pull and push split. The split is 3 days but should be completed twice in one week for a total of 6 workout days and one rest day.

PULL

EXERCISE	REPS	SETS	NOTES						
Pull Ups	10-15	5	*Use bands if you can not complete pull ups.						
Deadlifts	5	5	*Deadlift rep/set ranges will change throughout program.						
One Arm Dumbbell Row	10	4							
Lat Pull Down	12-15	4							
Facepulls	20	4	*Use rope attachment on cable system.						
Standing Bicep Curl	8	4	*SUPERSET						
Alternating Hammer Curl	AMRAP	4							
Preacher Curl	12-15	4							



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PUSH

EXERCISE	REPS	SETS	NOTES					
Dumbbell Chest Press	8-10	5						
Cable Flys	15-20	4						
Incline Barbell Press	10	4						
Side Lateral Raise	12-15	4	*SUPERSET					
Front Plate Raise	AMRAP	4						
Overhead Barbell Press	8-10	4						
Weighted Dips	AMRAP	6						
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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Program Overview: This program provides 3 days of cardio per week.

For the METCONS - you can scale the weight as needed.

CARDIO

Day 1

20 minutes low intensity cardio on stairmaster, incline treadmill, rower, assault bike or run outside.

Day 2

METCON

800 meter run
21 power cleans (155 lbs)
21 burpees
400 meter run
15 power cleans
15 burpees
200 meter run
9 power cleans
9 burpees

Day 3

20 minutes low intensity cardio on stairmaster, incline treadmill, rower, assault bike or run outside.