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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.

LOWER								
EXERCISE	<u>REPS</u>	<u>SETS</u>	<u>NOTES</u>					
Leg Extension	10-15	5	*Pre exhaustion before going in to squats.					
Leg Curl	10-15	5						
Barbell Squats	5	5						
Barbell Squat - Bodyweight	AMRAP	1	*After completing 5 x 5 do an AMRAP (as many reps as possible) with your bodyweight on the bar.					
Barbell Lunges	10	4	*10 walking steps on each leg. Focus on glute contraction.					
Hanging Leg Raises	AMRAP	4	*Corre worls					
Cable Crunches	20	4	*Core work					





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PULL								
EXERCISE	<u>REPS</u>	<u>SETS</u>	<u>NOTES</u>					
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	<u>SETS</u>	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							
<u>Day 1</u>	<u>Day 2</u>	Day 3					
20 minutes low intensity cardio on stairmaster, incline treadmill, rower, assault bike or run outside.	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	20 minutes low intensity cardio on stairmaster, incline treadmill, rower, assault bike or run outside.					