



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.

LOWER

EXERCISE	REPS	SETS	NOTES					
Barbell Squats	6-8	4						
Box Squats	8-10	3	*SUPERSET					
Goblet Squats	8-10	3						
Dumbbell Step Up	15-20	3						
Leg Extensions	100	As Many As Needed						
Leg Curls	100	As Many As Needed						
Calf Raises	20-25	3						
Decline Weighted Sit Ups	20-25	4	*Add weight if possible (hold plate on chest).					



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PULL

EXERCISE	REPS	SETS	NOTES					
Deadlifts	5	4						
Pendlay Row	8-10	3						
Pull Ups	AMRAP	4	*SUPERSET					
Lat Pull Down	12-15	4						
Seal Row	10-12	4						
Standing Bicep Curl	10-12	4	*SUPERSET					
Preacher Curl	10-12	4						
Facepulls	15-20	4						



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PUSH

EXERCISE	REPS	SETS	NOTES					
Dumbbell Chest Press	10-12	4						
Overhead Shoulder Press	8-10	4						
Front Cable Raise	12-15	4	*Sit on ground in front of cable with bar on lowest height setting. Raise the bar up and over your head.					
Incline Barbell Press	8-10	4						
Side Lateral Raise	12-15	4	*SUPERSET					
Front Plate Raise	AMRAP	4						
Push Ups	100	As Many As Needed						
Skull Crushers	12-15	3						
Hanging Leg Raises	AMRAP	4						



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***This is an optional workout day. You can substitute it for one of the other workouts during the week or replace your rest day with this day!**

Bodyweight work...

	For Time
	100 Push Ups
	50 Pull Ups
	50 Box Jumps
	50 Hand Stand Push Ups
	50 Box Jumps
	50 Pull Ups
	100 Push Ups



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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

Sprints

20 x 50m sprint

*100% intensity after warming up properly.

Day 2

For Time:

1 mile run
50 burpees
100 push ups
200 body squats
50 burpees
1 mile run

Day 3

3 mile casual run

*take it slower than a timed run and maintain a moderate pace.