



EMBRACE THE SUCK

12-WEEK

WWW.NICKBAREFITNESS.COM



Program Overview: This week is a 6-day training split.

CHEST/TRICEPS

EXERCISE	REPS	SETS	NOTES					
Bench Press	10	10						
Push Ups	AMRAP	4						
Incline DB Press	10-12	4						
Tricep Push Down	15-20	5						
Close Grip Bench Press	10	6						
Hanging Leg Raises	AMRAP	4	*Core work					
Cable Crunches	20	4						



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BACK/BICEPS

EXERCISE	REPS	SETS	NOTES					
Pull Ups	10-15	5						
Deadlifts	8-10	4						
Low Cable Row	10	4	*SUPERSET					
Lat Pull Down	12-15	4						
Pendlay Row	15	3						
Standing Bicep Curl	8	4	*SUPERSET					
Alternating Hammer Curl	AMRAP	4						
Preacher Curl	12-15	4						



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LEGS

EXERCISE	REPS	SETS	NOTES					
Barbell Squat	10	10						
Leg Extension	15-20	6	*SUPERSET					
Leg Curl	15-20	6						
Walking Barbell Lunges	20	4						
Goblet Squats	12-15	3						
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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SHOULDERS/ARMS

EXERCISE	REPS	SETS	NOTES					
Overhead Barbell Press	5	5						
Arnold Press	15-20	4						
Barbell/DB Shrugs	20	3						
Side Lateral Raise	12-15	4	*SUPERSET					
Front Plate Raise	AMRAP	4						
Preacher Curl	10-15	4						
Skull Crushers	15-20	4						
Cable Bicep Curl (Straight Bar)	12-15	4	*SUPERSET					
Bodyweight Dips	AMRAP	4						



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CHEST/BACK

EXERCISE	REPS	SETS	NOTES					
Dumbbell Chest Press	8-10	5						
Cable Flys	15-20	4						
Incline Barbell Press	10	4						
Pull Ups	12-15	4	*SUPERSET					
DB One Arm Row	12-15	4						
Lat Pull Down	8-10	4						
Push Ups	AMRAP	6						
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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LEGS

EXERCISE	REPS	SETS	NOTES					
Walking Barbell Lunges	20	4						
Barbell Squats	AMRAP	4	*Put bodyweight on bar and complete AMRAP sets					
Leg Extensions	10	4						
Leg Curls	12-15	4	*SUPERSET					
Stiff Leg Deadlifts	15-20	4						
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

400 m Run
30 DB Snatch at 50lb.
30 Pull Ups
400 m Run
20 DB Snatch at 50lb.
20 Pull Ups
400 m Run
10 DB Snatch at 50lb.
10 Pull Ups

Day 3

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