



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					
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	*Core work					
Cable Crunches	20	4						



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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

For Time:

400 meter run
30 DB Snatch @ 50 lb.
30 Pull Ups
400 meter run
20 DB Snatch @ 50 lb.
20 Pull Ups
400 meter run
10 DB Snatch @ 50 lb.
10 Pull Ups

Day 3

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