



# EMBRACE THE SUCK

## 12-WEEK

[WWW.NICKBAREFITNESS.COM](http://WWW.NICKBAREFITNESS.COM)



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

### CHEST

EXERCISE	REPS	SETS	NOTES					
Bench Press	8	4	SUPERSET (1 minute rest between bench press and push up sets)					
Push Ups	25	4						
Dumbbell Incline Fly	12-15	4						
Incline Dumbbell Press	8-10	3						
Floor Press	10	3	SUPERSET					
Close Grip Bench Press	10	3						
Cable Flys	15-20	3						
Hanging Leg Raises	AMRAP	6						



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### BACK

EXERCISE	REPS	SETS	NOTES					
Pull Ups	AMRAP	4						
Lat Pull Down	12-15	4						
Pendlay Row	10	4	*SUPERSET					
Single Arm Dumbbell Row	10	4						
Cable Crunches	12-15	4	*Core work					
T-Bar Row	12-15	4	*SUPERSET					
Close Grip/ Reverse Grip Lat Pull Down	12-15	4						
Low Cable Rows	12-15	3						



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### LEGS

EXERCISE	REPS	SETS	NOTES					
Walking Barbell Lunges	15	4	*One rep is both legs completed lunge.					
Leg Extension	15-20	4	*SUPERSET					
Leg Curl	15-20	4						
Barbell Squat	5	5						
Leg Press	10	5	*30-45 second rest in between sets					
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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### SHOULDERS

EXERCISE	REPS	SETS	NOTES						
Hand Stand Push Ups	5	5	*5 Hand Stand Push Ups Every Minute On The Minute for 5 minutes						
Overhead Barbell Press	10	4							
Arnold Press	10-12	4							
Side Lateral Raise	12-15	4	*SUPERSET						
Front Plate Raise	AMRAP	4							
Barbell Shrugs	15-20	4							
Facepulls	15-20	4							
Cable Single Arm Lateral Raise	12-15	4	*SUPERSET						
Dumbbell Shrugs	15-20	4							



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### ARMS

EXERCISE	REPS	SETS	NOTES					
Cable Bicep Curl	12-15	4	*Use rope attachment.					
Single Arm Tricep Dumbbell Extension	12-15	4						
Preacher Curl	10-12	3						
Chin Ups	AMRAP	4	*SUPERSET (2 minute rest in between sets)					
Dips	AMRAP	4						
Barbell Curl	8-10	4						
Reverse Tricep Extension	12-15	4	*3 second count on the negative.					
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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### LEGS

EXERCISE	REPS	SETS	NOTES					
Barbell Squat	10	10						
Leg Press (Wide Leg)	8-10	4						
Romanian Deadlifts	12-15	4						
Hack Squats	12-15	4						
Calve Raises	20-25	5						
Lunges (see notes)	20	3	*Walking lunges while holding 25lb. or 45lb. plate overhead.					
Leg Curls	12-15	4	*SUPERSET					
Leg Extensions	12-15	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. Day 2: 35 lb. for women & 50 lb. for men**

### CARDIO

#### Day 1

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

#### Day 2

#### **Track Workout**

4 x 400 meter sprint  
2 x 800 meter sprint  
2 x 400 meter sprint  
4 x 100 meter sprint

#### Day 3

**4 mile moderate paced run outside**