



# EMBRACE THE SUCK

## 12-WEEK

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



**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     |  |  |  |  |  |  |
|------------------------------|-------|-------------------|-----------|--|--|--|--|--|--|
| Body Squats                  | 200   | As Many As Needed | "Warm Up" |  |  |  |  |  |  |
| Barbell Squats               | 8-10  | 4                 | *SUPERSET |  |  |  |  |  |  |
| Goblet Squats                | 8-10  | 4                 |           |  |  |  |  |  |  |
| Dumbbell Step Up             | 15-20 | 3                 |           |  |  |  |  |  |  |
| Leg Extensions               | 100   | As Many As Needed |           |  |  |  |  |  |  |
| Leg Curls                    | 100   | As Many As Needed |           |  |  |  |  |  |  |
| Stiff Leg Dumbbell Deadlifts | 20    | 3                 |           |  |  |  |  |  |  |
| Hanging Leg Raises           | AMRAP | 4                 |           |  |  |  |  |  |  |



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### PULL

| EXERCISE                | REPS  | SETS | NOTES                                 |  |  |  |  |  |  |
|-------------------------|-------|------|---------------------------------------|--|--|--|--|--|--|
| Deadlifts               |       |      | *Work up to 1 rep max                 |  |  |  |  |  |  |
| Deadlifts               | 5     | 5    | Decrease weight to 75% of 1 rep max.  |  |  |  |  |  |  |
| Pull Ups                | AMRAP | 4    | *SUPERSET                             |  |  |  |  |  |  |
| Lat Pull Down           | 12-15 | 4    |                                       |  |  |  |  |  |  |
| Pendlay Row             | 10-12 | 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  |  |  |  |  |  |  |
|------------------------|-------|------|--|--|--|--|--|--|--|
| Bench Press            | AMRAP |      | *Warm up and complete AMRAP of 70% of 1 rep max.   |  |  |  |  |  |  |
| Dumbbell Chest 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 Dumbbell Fly   | 10-12 | 4    |  |  |  |  |  |  |  |
| Side Lateral Raise     | 12-15 | 4    | *SUPERSET  |  |  |  |  |  |  |
| Front Plate Raise      | AMRAP | 4    |  |  |  |  |  |  |  |
| Overhead Barbell Press | 8-10  | 4    |  |  |  |  |  |  |  |
| Rope Cable Push Downs  | 12-15 | 5    |  |  |  |  |  |  |  |
| Cable 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**

3 Rounds For Time:

1000 meter row  
50 burpees  
50 box jumps  
800 meter run

#### Day 3

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