

Muscle Up: Week 1-6

How to follow the exercise program?

The 12-week weightlifting program is broken up into two, 6-week blocks. Each week within a block consists of three different workouts, with a mix of lower and upper body and core which are ideally completed with 1 rest day between each. Increases in intensity progress naturally, with increased sets or decreased rest time built into the program. Each workout includes a warmup and 3 circuits with 2 exercises that will be completed in 3+ rounds with a total work time of 60 minutes or less.

What if I don't know how to do an exercise based from the name/pictures?

Have no fear, each exercise is linked to an exercise video from a VERY reliable source. If you are unsure how to do an exercise, we highly recommend watching the video and listening to the instructions.

Recommended Exercise Calendar

This is only recommended, fit it to whatever schedule works best for you! Remember it's normal to experience muscle soreness following these workouts. It's perfectly and normal to do the next workout if you are still sore from the previous one. Make sure to get loads of sleep in order to recover fully between workouts!

| | |
|-----------|-------------------|
| MONDAY | Day 1 of program |
| TUESDAY | Walk/Yoga/Stretch |
| WEDNESDAY | Day 2 of program |
| THURSDAY | Walk/Yoga/Stretch |
| FRIDAY | Day 3 of program |
| SATURDAY | Get outside! |
| SUNDAY | Get outside! |



Something is better than nothing!

Life can get so busy that it's hard to stick with our exact plans at times.

Often, this can lead to miss workouts. Adapt the motto "something is better than nothing"- this means when you don't have time for a full workout- something will help! For these next 12 weeks, if all you can do is 3 of the exercises that day- it's better than nothing!



Follow your **progress** and complete this brief challenge every **three** weeks:

Complete your max number of pushup and max time of plank and wall sit. Record them in the appropriate line.

| Today | 3 weeks |
|-----------|-----------|
| Pushup: | Pushup: |
| Plank: | Plank: |
| Wall Sit: | Wall Sit: |



To see the BEST results, focus on these **nutrition** tips:

- Have a set plan for meals and snacks to avoid grazing
- Sit down at the table to create no distractions while eating
- Take 15-20 minutes to eat a meal (set a timer!)

Lower Body

Week: 1-6

Day: 1

Approximate Time: 45 minutes

Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



Bird Dog x 10



Circuit 1: 3 rounds, 90 seconds rest between rounds (about 15 minutes)

1

Goblet Squats x15



2

DB Step Ups x 10/side



Circuit 2: 3 rounds, 90 seconds rest between rounds (about 15 minutes)

3

Single Leg RDL x 8/side



4

Slideboard Leg Curl x 12



Circuit 3: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

5

Plank x 30 Seconds



6

Bodyweight Get-Up x 5/side



Circuit 4: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

7

No 7th exercise today!

8

No 8th exercise today!



Upper Body Push

Week: 1-6

Day: 2

Approximate Time: 45 minutes

Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x 15



Bird Dog x 10



Circuit 1: 3 rounds, 90 seconds rest between rounds (about 15 minutes)

1 DB Chest Press x 12



2 Hands Elevated Pushup x 12



Circuit 2: 3 rounds, 90 seconds rest between rounds (about 15 minutes)

3 DB Overhead Press x 10



4 Band Pull Apart x 12

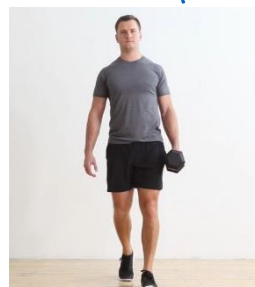


Circuit 3: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

5 Band Rotation x 10



6 SA Farmer's Carry x 60sec/side



Circuit 4: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

7 No 7th exercise today!

8 No 8th exercise today!



Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



Bird Dog x 10



Circuit 1: 3 rounds, 90 seconds rest between rounds (about 15 minutes)

1

Pullups (Assisted) x 8



2

DB Rows x 12



Circuit 2: 3 rounds, 90 seconds rest between rounds (about 15 minutes)

3

DB Sumo Deadlift x 12



4

Seated Cable Row x 12



Circuit 3: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

5

Stir the Pot x 8 each way



6

Band Chop x 10/side



Circuit 4: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

7

No 7th exercise today!

8

No 8th exercise today!



Muscle Up: Week 7-12

How to follow the exercise program?

The 12-week weightlifting program is broken up into two, 6-week blocks. Each week within a block consists of three different workouts, with a mix of lower and upper body and core which are ideally completed with 1 rest day between each. Increases in intensity progress naturally, with increased sets or decreased rest time built into the program. Each workout includes a warmup and 3 circuits with 2 exercises that will be completed in 3+ rounds with a total work time of 60 minutes or less.

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Recommended Exercise Calendar

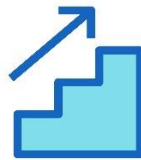
This is only recommended, fit it to whatever schedule works best for you! Remember it's normal to experience muscle soreness following these workouts. It's perfectly and normal to do the next workout if you are still sore from the previous one. Make sure to get loads of sleep in order to recover fully between workouts!

| | |
|-----------|-------------------|
| MONDAY | Day 1 of program |
| TUESDAY | Walk/Yoga/Stretch |
| WEDNESDAY | Day 2 of program |
| THURSDAY | Walk/Yoga/Stretch |
| FRIDAY | Day 3 of program |
| SATURDAY | Get outside! |
| SUNDAY | Get outside! |



Little by little, a little becomes A LOT!

Each day you have a choice. Do nothing or do something! Doing something can seem like a challenge because it can be overwhelming! Sometimes the most important thing is to start with a little. Each day as you do little by little, you will gain an increase of ability! This ability translates into doing hard things- so be patient, keep going, and just do a little!



Follow your **progress** and complete this brief challenge every **three** weeks:

Complete your max number of pushup and max time of plank and wall sit. Record them in the appropriate line.

| Today | 3 weeks |
|-----------|-----------|
| Pushup: | Pushup: |
| Plank: | Plank: |
| Wall Sit: | Wall Sit: |



To see the BEST results, focus on these **nutrition** tips:

- Work on developing three meals that are all made from scratch you can count on as your "go-to's"
- Remember the more whole foods you eat, the more time it takes to chew

Upper Body Pull

Week: 7-12

Day: 1

Approximate Time: 60 minutes

Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x 15



Bird Dog x 10



Circuit 1: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

1

Pull-ups (assisted) x 8



2

DB Rows x 12



Circuit 2: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

3

DB Sumo Deadlift x 12



4

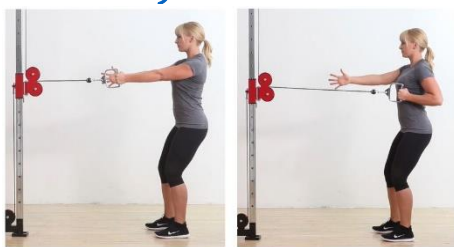
Seated Cable Row x 12



Circuit 3: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

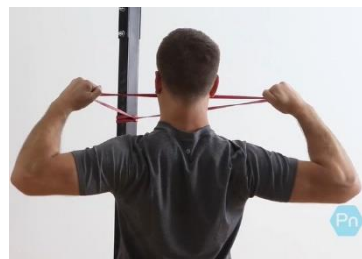
5

SA Standing Cable Row x 12/side



6

Banded Face Pull x 12



Circuit 4: 3 rounds, 30 seconds rest between rounds (about 15 minutes)

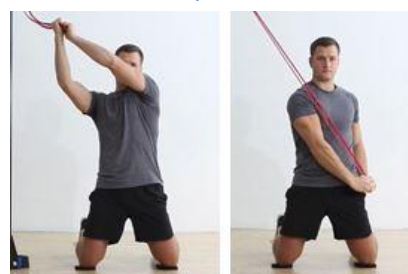
7

Stir the Pot x 8 each way



8

Band Chop x 10/side



Upper Body Push

Week: 7-12

Day: 2

Approximate Time: 60 minutes

Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x 15



Bird Dog x 10



Circuit 1: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

1

DB Chest Press x 12



2

Hands Elevated Pushup x 12



Circuit 2: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

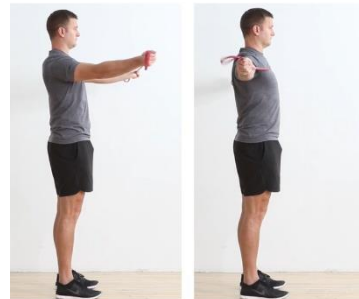
3

DB Overhead Press x 10



4

Band Pull Apart x 12



Circuit 3: 3 rounds, 30 seconds rest between rounds (about 15 minutes)

5

SA Kneeling DB Press x 12/side



6

Triceps Press-Down x 12



Circuit 4: 3 rounds, 30 seconds rest between rounds (about 15 minutes)

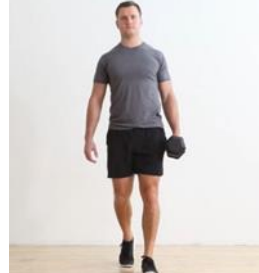
7

Band Rotation x 10



8

SA Farmer's Carry x 60sec/side



Lower Body

Week: 7-12

Day: 3

Approximate Time: 60 minutes

Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



Bird Dog x 10



Circuit 1: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

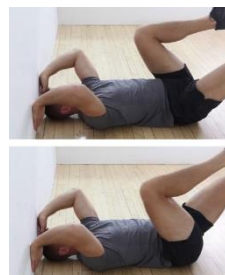
1

DB Squat Thrust x 45 Seconds



2

Wall-Press Abs x 45 Seconds



Circuit 2: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

3

Golbet Squats x 12



4

DB Step Ups x 10/side



Circuit 3: 3 rounds, 60 seconds rest between rounds (about 15 minutes)

5

SL RDL x 8/side



6

Slideboard Leg Curl x 12



Circuit 4: 3 rounds, 30 seconds rest between rounds (about 15 minutes)

7

Plank x 30 Seconds



8

Bodyweight Get-Up x 5/side

