

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!



Don't miss twice **mindset!**

As you go throughout this program you will most likely have a day that doesn't allow you to complete that day's suggested exercise. That's ok! Just be sure you **don't miss twice**. Start back up the next day instead of waiting for the whole next week. If you miss more than two days in a row- you're building a new habit of not doing something & we know that's not what you want!



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:

- Add a serving of fruit at breakfast
- Switch to a lower sugar beverage or soda
- Be sure to drink water throughout the whole day

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 x 15



Bird Dog x 10



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

1

Goblet Squats x 15



2

DB Lunge x 12/side



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

3

Single Leg RDL x 8/side



4

DB Steps Ups x 10/side



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

5

Plank x 10



6

Side Plank x 30 sec



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 x 15



Bird Dog x 10



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

1

DB Rows x 12



2

DB Bench Press x 12



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

3

DB Overhead Press x 10



4

DB Curl x 10



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

5

Band Rotation x 10



6

Reverse Crunch x 12



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 x 15



Bird Dog x 10



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

1

DB Sumo Deadlift x 12



2

Split Squat x 10 each side



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

3

Pullups (Assisted) x 8



4

Hands Elevated Pushup 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.

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!



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:

- Aim for 1 (women) or 2 (men) palm sized portions of lean protein at lunch and dinner
- Add salads as a side at dinner
- Be sure to drink water throughout the whole day

Total Body

Week: 7-12 Day: 1

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

Pull-ups (assisted) x 8



2

DB Sumo Deadlift x 12



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

3

Split Squats x 10/side



4

Hands Elevated Pushup x 12



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

5

Band Chop x 10/side



6

Stir the Pot x 8 each way



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 x 15



Bird Dog x 10



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

1

DB Bench Press x 12



2

DB Curl x 10



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

3

DB Rows x 12/side



4

DB Overhead Press x 10



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

5

Reverse Crunch x 12



6

Band Rotation 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!



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 Lunges x 10/side



2

DB Step Ups x 10/side



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

3

Golbet Squats x 12



4

SL RDL x 8/side



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

5

Side Plank x 30 seconds



6

Plank x 30 seconds



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

7

No 7th exercise today!

8

No 8th exercise today!

