

## Full Body Blaster

Repeat as many times as you'd like! Have fun!

Take before and after photos!

Means superset

## Week 1

### Monday: Back

- Barbell Deadlifts 3 sets. Increase weight: set 1: 10/12 reps, set 2: 8/6 reps, set 3: 3-5 reps
  - Superset BB Bicep curls 3x 12 reps
- One Arm Cable row 4x 10-12 reps
- Seated Cable Rows with wide bar 4x 10-12 reps
- Lat Pulldowns (wide grip) 4x10-12 reps
- Cable pullovers 4x15

### Tuesday: Shoulders/Triceps/Core

- Cable front raise 4x12  Single Cable Lateral Raise 4x10/ea
- Cable Upright Row with ropes 4x12  Rope Face Pull 4x12

Core: 20 Situps, 15 leg lifts, 15 knee tucks, 40 bicycles (Repeat 2x)

- Single arm DB Tricep OHP 4x10/ea  Tricep Rope press down 4x15
- Dips with feet elevated on bench 4x15-20
- End with Drop set of DB lateral raises till failure:20lbs, 15lbs, 10lbs, 5lbs

### Wednesday: Glutes & Legs

- BB Hip Thrusts 4x20  DB Single leg stiff leg deads 4x10 (each leg)
- Walking DB Weighted Lunges 4x15 (each leg)  DB pop squats 4x20
- Step ups on high plyo box4x15/ea  Box Jumps 4x10
- BB Good mornings 4x10  BB stiff leg deas 4x15

End with 10 minutes of core

### Thursday: Stairs 25 minutes

4 mins level 8, 4 mins level 10, 4 mins level 12, 4 mins level 14, 4 mins level 16, 2 min level 20, 2 mins level 12, 1 min level 8. End with 15 minutes of core.

### **Friday: Chest/Cardio**

- DB Chest Press 4×10
- DB Chest Flys 4x10
- Pushups 4×8
- Chest press machine 4x10
- Cable Chest Flys 4x10
- Finisher = Treadmill sprints 15 rounds/30sec (AFAP)

### **Saturday: Glutes/legs**

- BB Weighted hip thrusts off buso ball 4x20
- DB Curtsey lunges with front foot on small step 4x15/ea
- Seated Hamstring Curl (Go heavy) 4x15
- Leg Extensions (Go light) 4x10
- Single leg hip bridge on floor with foot on bench 4x20/ea
- Clams off bench (with band if you have one) 4x40
- Finish with body weight side steps 40 each way

### **Sunday: Arms/HITT**

- Bicep Curl machine 4x10
- Tricep pushdown machine 4x10
- DB Hammer Curls 4x15
- DB Tricep overhead extension 4x15
- EZ Bar Curls (wide grip) 4x15

End with 4 rounds – no stopping

Med Ball slams 4x20, Med ball squat + overhead throw 4x20, Med ball situps 4x20, Med ball plank taps 4x20

## **Week 2**

### **Monday: Glutes/Hamstrings**

#### **With Rower**

- Rower hamstring tuck-ins (feet on seat/lay on floor/hips up) 4x20
- Rower reverse lunges (back foot on seat) 4x20
- Rower ab knee tucks 4x20

#### **With Cable**

- Cable leg lifts 3x20/ea

- Bent Leg Kick Ups 3x20/ea
- Side leg lifts 3x12/ea
- Hamstring curls 3x15/ea

### **With Bands**

- Side Steps 4x20 (each way)
- Hip Bridge (feet elevated) 4x20
- Glute Kick Backs 4x20 (On bench, feet together, knees apart, band above knees)

### **Tuesday: Back & Biceps**

- Close grip Lat Pulldown 4x12  Seated Row 4x12
- Face pulls 4x12  One Arm Rows 4x10/ea
- Single arm Lat Cable Pulldown 4x12  Preacher Curls 4x12
- Cable pullovers 4x20  Cable curls 4x15
- Standing close grip row 4x15  Single arm cable curls 4x12/ea

End with 15 minutes of core

### **Wednesday: Chest & Shoulders**

- Seated shoulder press machine 4x15  DB lateral raises 4x15
- Single arm cable front raise 4x10/ea  Cable chest flys 4x10
- Incline DB chest Press 3x12  DB Standing Shoulder Press 3x12
- Reverse peck deck for rear delt's 3x12  Peck Deck Fly's 3x12 **45**
- Finisher = Treadmill sprints 12 rounds/30sec (AFAP)

### **Thursday: REST**

### **Friday: Back**

- DB one arm Rows 4x10/ea
- Lat Pull Down on cable crossover 4x12
- Deadlifts (Go light) 4x10  BB bent over row 4x15

10 minutes of stairs level 10 in between

- Plate loaded Lat pulldown machine 5x10
- Plate loaded low row machine 5x12

- Lower back extension 5x20
- End with 15 minutes of core

### **Saturday: Glutes/Hamstrings**

- Glute Kickbacks off hamstring curl machine 4x20
- Lying Leg Curls 4x20
- Hyperextensions off GHR or Yoga ball (raise legs in air) 4x20
- Plie squats with toes elevated on plates 4x20
- BB Stiff Leg Deadlifts 4x15
- Glute kickback machine 4x 20/ea

### **Sunday: Shoulders/Triceps**

- Shoulder Press 4x15
- Arnold Press 4x10
- Side Raises 4x15
- Front Raises 4x10
- Tricep Push Downs 4x10
- Tricep Dip machine 4x10
- Tricep DB kickbacks 4x10

End with 4 rounds – no stopping

Med Ball slams 4x20, Med ball squat + overhead throw 4x20, Med ball situps 4x20, Med ball plank taps 4x20

## **Week 3**

### **Monday: Chest/Core**

- Plate loaded chest press 4x10  Leg lifts holding plate above head 4x12
- Pushups 4x10  Weighted Crunches 4x20
- DB chest flys  Knee tucks off bench 4x20

- DB single arm chest presses 4x10/ea □ Flutter kicks off bench 4x20/ea
- Finisher: Uphill (15 incline) Treadmill sprints 12 rounds/30sec (AFAP)

### **Tuesday: Glutes with closed circuit band (Leave band on/above knees)**

- Side steps with band above knees 4x20/ea
- Hip thrusts with shoulders on bench 4x20
- Clams with feet on bench 4x20
- Single leg kickbacks 4x20/ea
- Fire hydrants 4x20/ea

### **Wednesday: Back**

- Bent Over Rows with landmine 4x12
- Landmine bent over rows 4x12
- Single Arm Dumbbell Rows 4x 12 (each arm)
- Seated Reverse Grip Lat Pulldown 4x12
- Assisted Pull Ups 4x10
- Seated Cable Row 4x12

End with 15 minutes of core

### **Thursday: Lower Body Circuit**

- Walking lunges with DB 4x20/ea □ DB Sumo squats 4x20
- Bulgarian rear leg elevated squat (holding dbs) 4x12/ea □ DB curtsy lunges 4x15/ea
- Cable Stiff leg deads 4x15 □ Cable squats (cable in front) 4x15
- Leg extensions (light) 4x20 □ Hamstring curls (heavy) 4x20
- Glute kickback machine 4x20/ea □ 20 pop squats

### **Friday: REST**

### **Saturday: Arms/Chest**

- Preacher Curls 4x 10
  - Tricep dip machine 4x 10
  - Elevated Pushups 4x8
  - EZ-Bar Curl wide grip 4x 8
  - DB Chest Press 4x 8
  - Seated Dumbbell Curls 4x 8
- End with 15 minutes of core

### **Sunday: Hamstrings**

- Good Mornings 4×20
- Lying Leg Curls 4×15
- Cable hamstring curls 4×20/ea
- DB Stiff Leg Deadlift 4×20
- DB Single leg deadlift 4x15/ea
- Finish 20 min stairs +10 min Ab Routine

## **Week 4**

### **Monday: Full Body Plyos**

Beginning to end. 4 rounds

- Bicycles x50
- One arm Kettlebell Swings x20
- Switch Jumping Lunges x20 total
- Mnt Climbers x40
- Speed skaters x20 total
- Burpees x10
- Kettlebell jump squats x15

## **Tuesday: Shoulders/Abs**

- Standing BB Shoulder Press 5×10
- Standing BB upright row 5x15
- Standing DB Lateral Raises superset with DB Front Lateral Raises 5×12
- Standing Cable Crossover Rear Delts Raises 5×12
- DB overhead situps 4x20
- Weighted Ab Crunches 4×20
- Hanging Leg Raises 4×20

## **Wednesday: Stairs 25 minutes**

4 mins level 8, 4 mins level 10, 4 mins level 12, 4 mins level 14, 4 mins level 16, 2 min level 20, 2 mins level 12, 1 min level 8. End with 15 minutes of core.

## **Thursday: Back**

- Single Arm Lat Pull Down 5×10/ea
- Single Arm Cable Rows 5x10/ea
- Bent Over Barbell Rows 5×10
- Assisted Pullups 4×10
- Rope face pulls 4 x 10

End with 15 minutes of core & 15 minutes on bike

## **Friday: Shoulders**

- DB Arnold Press 4×20
- DB Upright Rows 4×20
- DB Single Arm lateral raises (go heavy) 4x12/ea
- DB Single arm front raises (go heavy) 4x12/ea
- Rear delt flys with DB 4×20
- Reverse peck deck 4x20

## **Saturday: Glutes/Legs**

- DB Walking Lunges 4×20
- DB Single Legged Hip Thrusts 4×15/ea
- Smith Machine reverse lunges 5×12/ea
- Weighted Curtsey Lunges 5x20
- Cable Kick Backs 4×20/ea
- Cable side leg lifts 4x10/ea

**Sunday: Arms/abs**

- Cable Curls 4×15
- Cable Kickbacks 4×15
- Barbell Preacher Curls 3×15
- Barbell Tricep overhead press 3×15
- One Arm Cable Curls 4×12
- Tricep Push Downs with Rope 4×20

10 Minute Ab Routine