WARRIOR Babe

In Gym & at Home

SHOULDER SHAPING PROGRAM

6 WEEK PROGRAM



ABOUT ME

I started my fitness journey in 2015 with a burning desire to improve myself but without the knowledge on how to start.

At first, I fell victim to restrictive dieting and over training methods which didn't get me the results I was seeking. I felt defeated and continued to search for the right answers. After becoming a 3x professional athlete and a coach I now know why the methods I was doing before never worked. Now, it is my mission to help as many women, all over the world, achieve their own goals through realistic and sustainable measures.

I personally follow a flexible approach to food by tracking my macronutrients daily with room for more indulgent foods now and then. I no longer beat myself up for the food choices I make and have developed a loving relationship with food. I now know that food is fuel and a key ingredient to building muscle because building muscle is what developed a toned body shape.

I follow a 5 day split muscle focused workout routine and change this every 4 weeks. I do this to adapt my muscles to different challenges so my body never becomes stagnant and becomes stronger with the change of workouts I put it through.

I am now passing on my knowledge, with the help of the WarriorBabe Team, to 1000s of women all over the world to help them build a body they love and become stronger, more confident versions of themselves.



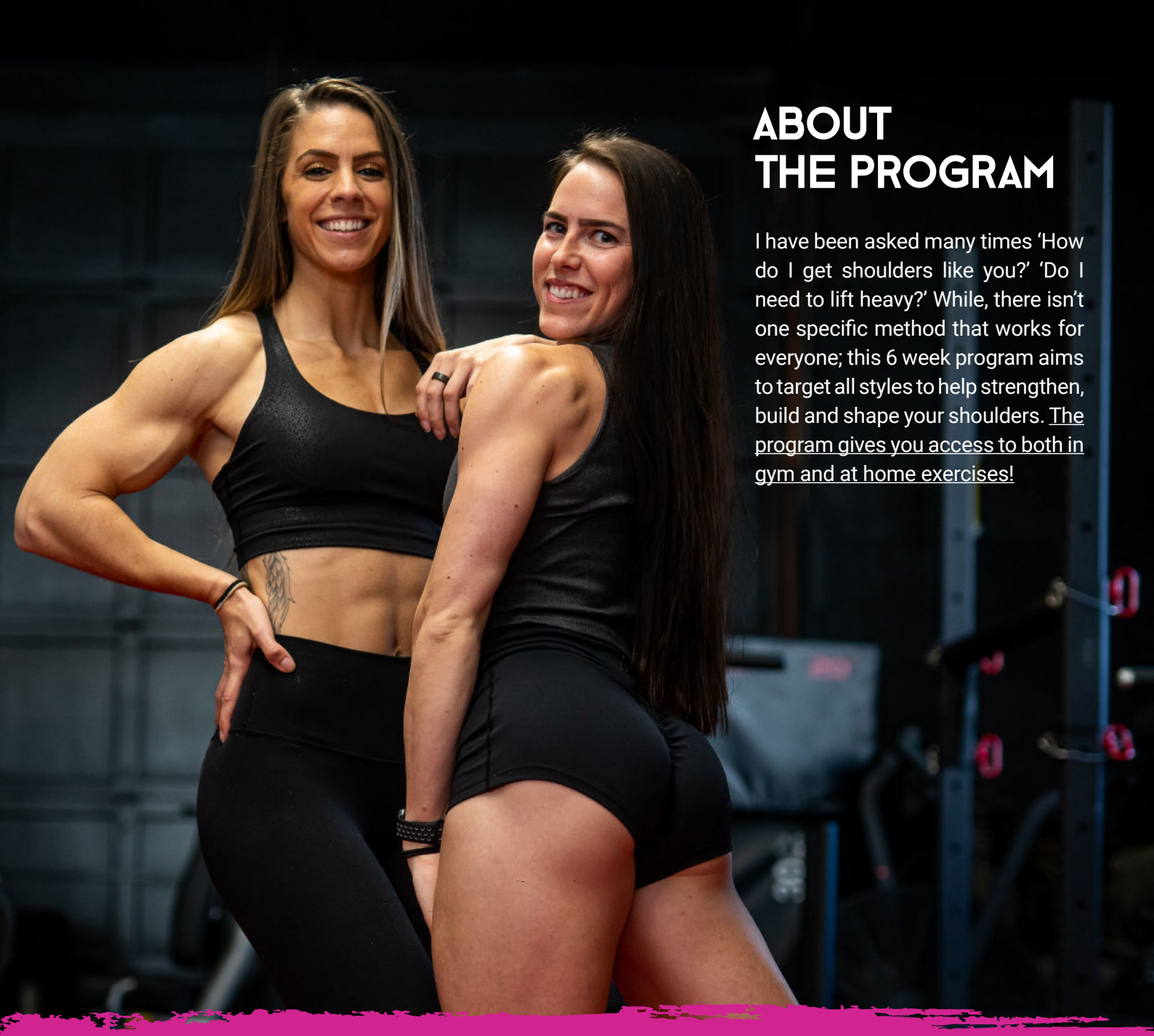
ABOUT WARRIORBABE

At WarriorBabe our mission is to help women who are fed up with unrealistic approaches to getting a toned body become stronger and more confident versions of themselves.

We help women by creating a social movement facilitated by training applications, informational products and physical products that carry out the message of strength and show the diet, and exercises practices required to achieve a toned body type and provide a safe environment and community to feel connected.

It is our goal to help as many women as possible to transform their bodies through realistic and sustainable measures. We preach the value of a lifestyle change to happen in all our customers and believe in the power of education and creating healthy habits to last a lifetime.

You can learn more by going to:
www.warriorbabe.com/pages/wbrevlong



ABOUT THE PROGRAM

I have been asked many times 'How do I get shoulders like you?' 'Do I need to lift heavy?' While, there isn't one specific method that works for everyone; this 6 week program aims to target all styles to help strengthen, build and shape your shoulders. The program gives you access to both in gym and at home exercises!

Over the last 5 years of my journey I became obsessed with building shoulders. It was one area I wanted to improve the most. You can see along my own transformation how drastically I have changed the look of my upper body.

The purpose of this program is to:

1. Develop proper shoulder activation and create mind to muscle connection
2. Increase shoulder strength and strength with the surrounding muscles
3. Tone and shape your shoulders
4. Challenge your upper body with different styles of training
5. Educate you on the science behind developing beautiful shoulders

You will learn how to properly activate your shoulders with resistance bands, use challenging weight training to break down the muscle fibers, and incorporate my favorite isolation high repetitions exercises to really add detail to the muscle bellies.

The unique versitatity in this program ensures we are hitting all 4 key muscles that make up your shoulders. The different styles provided in this program will work the muscles from different angles and ranges of motion.

INFORMATION ON THE SHOULDER ANATOMY

The shoulder has about eight muscles that attach to the scapula, humerus, and clavicle. The largest of these shoulder muscles is the deltoid. This large triangular muscle covers the glenohumeral joint and gives the shoulder its rounded-off shape. The deltoid consists of three muscle heads:

1. Anterior Deltoid
2. Lateral Deltoid
3. Posterior Deltoid

These specific heads assist in arm elevation and play a large role in the movement and overall stability of the shoulder joint and upper arm.

While specific exercises like front raises, lateral raises, overhead press, and rear delt flyes will be sure to hit your deltoid muscles to build that rounded-off shape, we also need to strengthen and stabilize the other muscles in this area by performing correlation exercises such as incline chest press, chest flyes, tricep extensions ect. This will help not only in the strengthening of other surrounding muscles but also with building balance to your body composition and the way of muscle development.

While a lot of women (myself included) aren't genetically blessed with boulder shoulders, the good news is that the shoulders are muscles and muscle is built from resistance training!



KEY LIFTS

OVERHEAD PRESS

The overhead press is a compound lift, meaning it not only works your shoulders but also the surrounding muscles such as your arms/biceps and triceps, traps/upper back, and chest. Our focus is on building and shaping shoulders but it is also important to strengthen the muscles around your shoulders also. This can prevent injury, imbalances and compliment the overall shape of your body you are building. The movement starts with standing tall and lifting a barbell or dumbbells over your head while maintaining alignment with your spine. Ensure that your hands are shoulder width apart on the barbell. Your shoulders will be under the most tension when pressing the weight in the upward movement of the repetition. It is important to keep a slow controlled movement so you can create the right resistance and mind to muscle connection.



FRONT RAISES

The front raise strengthens primarily the shoulder (deltoid) but also works the upper chest muscles. It is an isolation exercise specifically focused on the majority of the front and medial deltoid muscle. This exercise will help you build strength and shape in the front and sides of your shoulder. The movement starts with standing tall and placing a barbell or dumbbells in front of you at mid thigh. Ensure to drop your shoulders down to release tension this will allow you to fully isolate the shoulder muscles. Your shoulders will be under the must tension at the top of the movement when perpendicular to your body. Try not to rush the front raise. You want a slight pause at the top of each repetition to really engage the muscles before controlling your arms back down. This will allow extra tension to break down muscle fibers and create a stronger burn.



KEY LIFTS

SIDE LATERALS

The side/lateral raise is one of my favorite exercises. It primarily works the lateral deltoid, or also known as the middle portion of your shoulder muscle. It also works surrounding muscles such as the front deltoid, back deltoid, upper back/traps, and the muscles along your ribs under the armpit. Position your arms, with dumbbells in each hand, at your sides. As the same as a front raise; ensure to drop your shoulders down to release tension. Your shoulders will be under the must tension at the top of the movement when perpendicular to your body. Try not to rush the lateral raise. You want a slight pause at the top of each repetition to really engage the muscles before controlling your arms back down.



BENT OVER REAR DELT FLY

Bent over flies is an isolation exercise that primarily targets your posterior deltoid which are the main muscles in the back of your shoulders. This muscle helps to accentuate the 'capped' shoulder look. Even though this primarily isolates the rear delt, secondary muscles such as your upper back muscles also are worked. A rear delt fly strengthens your upper back muscles and shoulders while working on stabilization strength in your spine, deep abdominals and hips. It requires you to maintain a neutral spine position and avoid moving your torso. The movement starts with a forward bend at your hips. Then raise your arms out to your sides with your hands facing down, squeezing your shoulder blades together during the movement.

Do not round your spine or move your head forward. This is where you will feel the most tension and it is important to slightly pause here to engage the muscle before controlling the movement back to starting position.

CORE CIRCUIT OPTIONS

Complete 1 of these circuits as a warm up before your workout or as a cool day after your workout. Each circuit should be 3 rounds.

3 ROUNDS

OPTION 1

REVERSE CRUNCH	20 REPS
CRUNCH	20 REPS
ELBOW PLANK	60 SECONDS

REST FOR 30 SECONDS AND REPEAT

3 ROUNDS

OPTION 2

PLANK JACKS	15 REPS
FULL PLANK	60 SECONDS
RUSSIAN TWISTS	20 REPS

REST FOR 30 SECONDS AND REPEAT

3 ROUNDS

OPTION 3

HEEL TAPS	15 REPS / SIDE
FLUTTER KICKS	15 REPS / SIDE
DEAD BUG	12 REPS / SIDE

REST FOR 30 SECONDS AND REPEAT



CARDIO BURN OPTIONS

Complete 1 of these cardio burns as assigned in programming (20-30 minutes).

If you have a treadmill follow these settings: Incline at 10 with speed alternating every 2 minute from 3.5 mph to 4.0 mph until complete

If you have a bicycle: Alternating every 2 minutes from resistance of 8 to 10 until complete

If you utilize the great outdoors follow these settings:

Brisk Walking: Alternating between a jog for 2 minute and a walk for 1 minute until complete

Hills: Alternate between running up the hill then slowly walking down the hill until complete.



WARRIOR Babe

SHOULDER SHAPING PROGRAM: IN GYM

WEEKS 1+2

MONDAY

SHOULDERS / CORE CIRCUIT #1
+ CARDIO BURN

TUESDAY

LEGS

WEDNESDAY

SHOULDERS + CHEST

THURSDAY

BACK + GLUTES / CORE CIRCUIT #2
+ CARDIO BURN

FRIDAY

SHOULDERS + ARMS + CORE CIRCUIT #3
+ CARDIO BURN

SATURDAY

REST

SUNDAY

REST OR
OPTIONAL ACTIVE REST W/ CORE CIRCUIT

WEEKS 1+2

SHOULDERS / CARDIO & CORE

3-4 SETS / 12 REPS

BARBELL UPRIGHT ROWS



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INCLINE SEATED FRONT RAISES



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PLATE FRONT RAISE

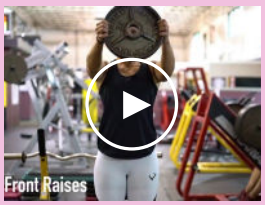

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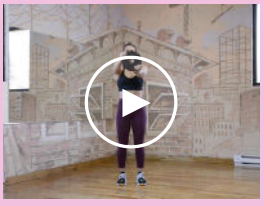
PLATE TRUCK DRIVERS



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SINGLE ARM CABLE SIDE LATERAL RAISES



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CABLE REVERSE FLY



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SMITH MACHINE SINGLE ARM PRESS



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SMITH MACHINE SHOULDER PRESSES



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MACHINE REVERSE FLY



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DUMBBELL SHOULDER PRESS



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WEEKS 1+2

LEGS (QUADS, HAMS, CALVES)

3-4 SETS / 12 REPS

DUMBBELL REVERSE LUNGES



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POP SQUATS



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CLOSE STANCE LEG PRESS



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HIGH FOOTED HAMSTRING LEG PRESS



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SMITH MACHINE BACK SQUAT



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SMITH MACHINE 3 WAY CALF RAISES



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SMITH MACHINE FRONT SQUAT



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BARBELL HIP THRUST



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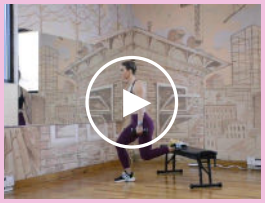
DUMBBELL BULGARIAN SPLIT SQUATS



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BARBELL DEADLIFTS



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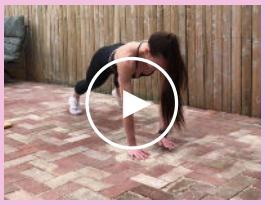
WEEKS 1+2

SHOULDERS & CHEST

3-4 SETS / 12 REPS

SIDE PLANK WALKS WITH PUSH UP



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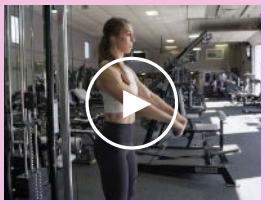
UNDERHAND GRIP CABLE FRONT RAISES



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LOW CABLE CHEST FLY



PLEASE RIGHT CLICK/
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CABLE UPRIGHT ROW



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INCLINE DUMBBELL CHEST PRESS



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DUMBBELL FRONT TO SIDE LATERAL RAISES



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WIDE GRIP PUSH UPS



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ALTERNATING DUMBBELL HAMMER RAISES



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PLATE LOADED OR MACHINE CHEST PRESS



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DUMBBELL SHOULDER PRESS



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WEEKS 1+2

BACK & GLUTES / CARDIO & CORE

3-4 SETS / 12 REPS

SINGLE ARM SEATED CABLE ROW



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REVERSE LAT PULLDOWN



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WIDE GRIP PULL UPS



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LOW CABLE ROW



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CABLE STRAIGHT BAR LAT PULL DOWNS



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SINGLE LEG CABLE GLUTE KICK BACK



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REVERSE LEG PRESS ON SMITH MACHINE



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SINGLE LEG GLUTE BRIDGE



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REVERSE HYPER EXTENSIONS



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BANDED FROG PUMPS



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WEEKS 1+2

SHOULDERS & ARMS / CARDIO & CORE

3-4 SETS / 12 REPS

STANDING SHOULDER PRESS



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CABLE ROPE HAMMER CURLS



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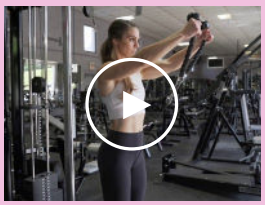
CABLE ROPE FRONT RAISES



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CABLE ROPE BICEP CURLS 21'S



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BARBELL SHOULDER PRESS



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CABLE SINGLE ARM TRICEP KICKBACK



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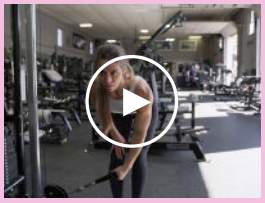
CABLE SINGLE ARM BENT OVER REVERSE FLYS



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BARBELL INCLINE SKULL CRUSHERS



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FLAT BENCH CLOSE GRIP CHEST PRESS



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BARBELL CURLS



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WEEKS 3+4

MONDAY

SHOULDERS + BICEPS / CORE CIRCUIT #1
+ CARDIO BURN

TUESDAY

CHEST + BACK

WEDNESDAY

SHOULDERS / CORE CIRCUIT #2
+ CARDIO BURN

THURSDAY

LEGS

FRIDAY

REST

SATURDAY

REAR DELTS + TRICEPS / CORE CIRCUIT #3 +
CARDIO BURN

SUNDAY

REST OR
OPTIONAL ACTIVE REST W/ CORE CIRCUIT

WEEK 3+4

SHOULDERS & BICEPS / CARDIO & CORE

3-4 SETS / 12 REPS

DUMBBELL ARNOLD SHOULDER PRESS



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MACHINE SINGLE ARM SHOULDER PRESS



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DUMBBELL SIDE LATERAL 21'S



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BARBELL UPRIGHT ROWS



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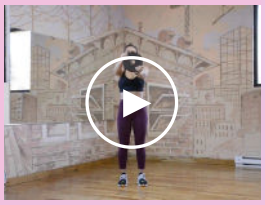
TRUCK DRIVERS



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INCLINE ALTERNATING DUMBBELL CURLS



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HIGH CABLE BICEP CURL



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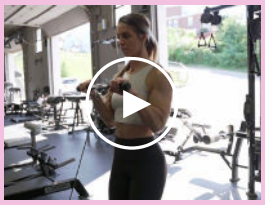
REVERSE GRIP CABLE BICEP CURL



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SINGLE ARM CABLE BICEP CURL



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PREACHER CURLS



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WEEK 3+4

CHEST & BACK

3-4 SETS / 12 REPS

SMITH MACHINE BENCH PRESS



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CABLE STANDING CROSSOVERS



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PLATE LOADED OR MACHINE CHEST PRESS



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KNEELING PUSH UP



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SMITH MACHINE REVERSE GRIP WIDE CHEST PRESS



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SMITH MACHINE INVERTED ROW



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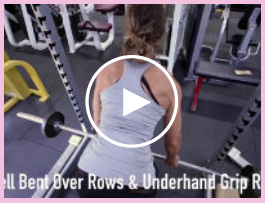
BENT OVER BARBELL ROW



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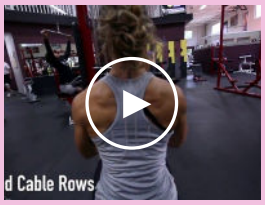
CLOSE GRIP CABLE ROW



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KNEELING SINGLE ARM CABLE LAT PULLDOWN



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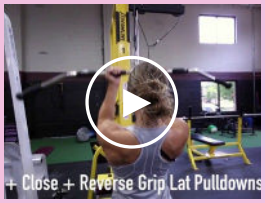
WIDE GRIP CABLE LAT PULL DOWNS



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WEEK 3+4

SHOULDERS / CARDIO & CORE

3-4 SETS / 12 REPS

GIANT SET

DUMBBELL FRONT TO SIDE LATERAL RAISES



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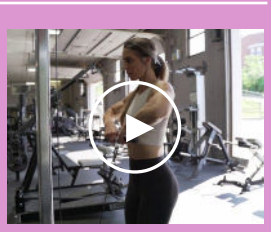
CABLE STRAIGHT BAR UPRIGHT ROW



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STANDING SHOULDER PRESS



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CABLE ROPE FACE PULL



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SINGLE ARM CABLE LATERAL RAISE



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DUMBBELL LATERAL RAISES 21'S



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CABLE UPRIGHT ROW



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CABLE REVERSE FLYS



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FINISHER: SINGLE ARM CROSS BODY LAT RAISES



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WEEK 3+4

LEGS (QUADS, HAMS, CALVES)

3-4 SETS / 12 REPS

MACHINE LEG EXTENSION 21'S



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POP LUNGES



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HACK PRESS



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SEATED CALF RAISES



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BARBELL BACK SQUAT



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BARBELL DEADLIFTS



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SMITH MACHINE SPLIT SQUATS



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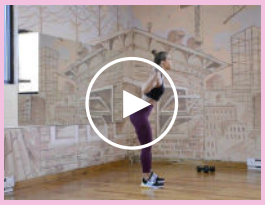
BARBELL GOOD MORNINGS



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BODYWEIGHT CALF RAISE



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MACHINE SINGLE LEG HAMSTRING CURLS



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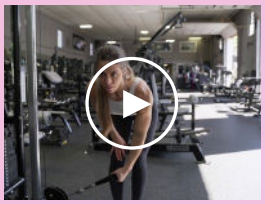
WEEK 3+4

REAR DELTS & TRICEPS / CARDIO & CORE

3-4 SETS / 12 REPS

SINGLE ARM BENT OVER CABLE REVERSE FLYS



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INCLINE LOW DUMBBELL FLYS



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INCLINE BENCH DUMBBELL REVERSE FLY



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CABLE HIGH FACE PULLS



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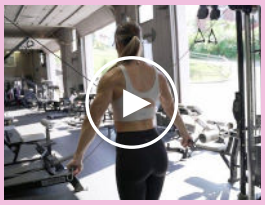
CROSS CABLE TRICEP EXTENSIONS



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CABLE ROPE TRICEP PUSHDOWNS



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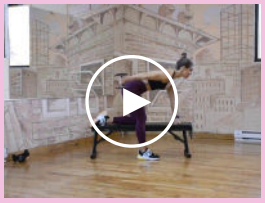
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM DUMBBELL TRICEP KICKBACK



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BODYWEIGHT DIPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BARBELL SKULLCRUSHERS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

MACHINE TRICEP DIPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 5+6

MONDAY

BACK + REAR DELTS / CORE CIRCUIT #1
+ CARDIO BURN

TUESDAY

SHOULDERS + TRICEPS

WEDNESDAY

LEGS

THURSDAY

REST

FRIDAY

CHEST + BICEPS / CORE CIRCUIT #2
+ CARDIO BURN

SATURDAY

SHOULDERS + GLUTES / CORE CIRCUIT #3
+ CARDIO BURN

SUNDAY

REST
OR OPTIONAL ACTIVE REST W/ CORE CIRCUIT

WEEK 5+6

BACK & REAR DELTS / CARDIO & CORE

3-4 SETS / 12 REPS

CABLE ROPE FACE PULLS



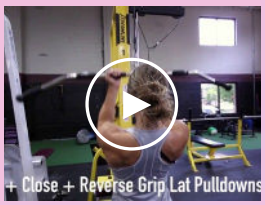
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

MACHINE REVERSE FLYS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CLOSE GRIP LAT PULLDOWNS



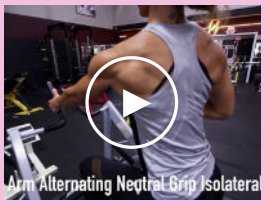
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CABLE STRAIGHT BAR LAT PULLDOWNS



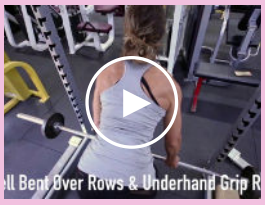
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM ISO LATERAL ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

UNDERHAND BARBELL ROW



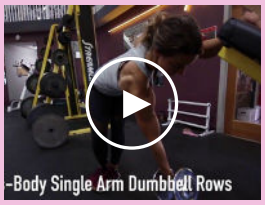
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BENT OVERHAND DUMBBELL REVERSE FLY



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CROSS BODY SINGLE ARM DUMBBELL ROW



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WIDE GRIP PULL UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

HYPER EXTENSIONS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

SHOULDERS & TRICEPS

3-4 SETS / 12 REPS

ARNOLD SHOULDER PRESS



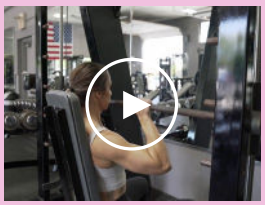
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM HAMMER FRONT RAISES



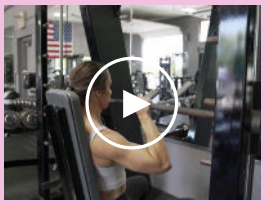
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SMITH MACHINE WIDE SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SMITH MACHINE CLOSE GRIP SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BARBELL UPRIGHT ROW



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BODY WEIGHT TRICEP DIP



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM CABLE TRICEP KICKBACK



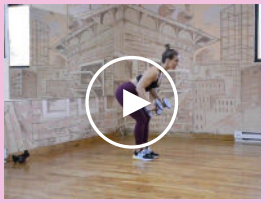
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CABLE ROPE OVERHEAD TRICEP EXTENSION



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL TRICEP KICKBACKS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED OVERHEAD TRICEP EXTENSIONS



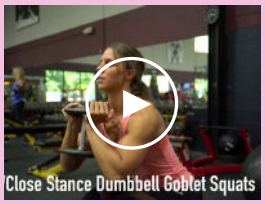
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

LEGS (QUADS, HAMS, CALVES)

3-4 SETS / 12 REPS

WIDE STANCE GOBLET SQUATS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SPLIT STANCE RDL



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL STEP UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CLOSE STANCE SMITH MACHINE BACK SQUAT



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LEG EXTENSIONS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG CABLE GLUTE KICKBACK



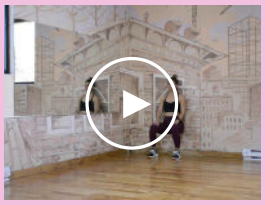
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG DUMBBELL LUNGE KICKBACK



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

1 MIN WALL SIT



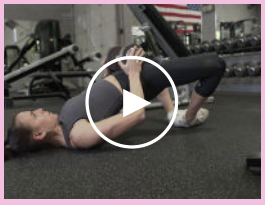
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED CALF RAISE



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL FROG PUMPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

CHEST & BICEPS / CARDIO & CORE

3-4 SETS / 12 REPS

INCLINE DUMBBELL CHEST PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

KNEELING PUSH UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

FLOOR DUMBBELL CHEST PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

MACHINE CHEST FLY



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CABLE CROSSOVERS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CABLE STANDING HIGH CURL



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

INCLINE BICEP CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BICEP CURL 21'S



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL PREACHER ALTERNATING BICEP CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CABLE ROPE HAMMER BICEP CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

SHOULDERS & GLUTES / CARDIO & CORE

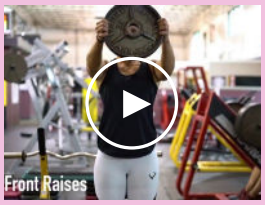
3-4 SETS / 12 REPS

LEANING DUMBBELL SIDE LATERALS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

PLATE FRONT RAISE



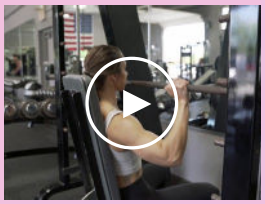
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SMITH MACHINE SINGLE ARM SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SMITH MACHINE SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM CABLE LAT RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CABLE UPRIGHT ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

REVERSE FROG HYPERS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SIDE LEG ABDUCTION WITH RESISTANCE BAND



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED SINGLE LEG GLUTE BRIDGES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FIRE HYDRANTS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB



WARRIOR Babe

SHOULDER SHAPING PROGRAM: AT HOME

WEEKS 1+2

MONDAY

SHOULDERS / CORE CIRCUIT #1
+ CARDIO BURN

TUESDAY

LEGS

WEDNESDAY

SHOULDERS + CHEST

THURSDAY

BACK + GLUTES / CORE CIRCUIT #2
+ CARDIO BURN

FRIDAY

SHOULDERS + ARMS + CORE CIRCUIT #3
+ CARDIO BURN

SATURDAY

REST

SUNDAY

REST OR
OPTIONAL ACTIVE REST W/ CORE CIRCUIT

WEEKS 1+2

SHOULDERS / CARDIO & CORE

3-4 SETS / 15 REPS

(STATIC HOLD) DUMBBELL ALTERNATING SINGLE ARM UPRIGHT ROW



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

UPRIGHT ROW



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED ARNOLD PRESSES



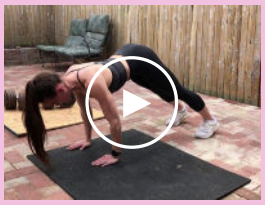
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL FRONT TO SIDE LATERAL RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

PIKE PUSH UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LEANING SINGLE ARM LAT RAISE (ALTERNATE SIDES NON STOP)



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SIDE LATERAL 21'S



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BENT OVER REAR DELT FLY'S (2 SEC HOLD AT TOP)



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL CIRCLES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 1+2

LEGS (QUADS, HAMS, CALVES)

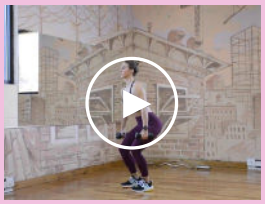
3-4 SETS / 15 REPS

SINGLE LEG PISTOL SQUAT ON BOX



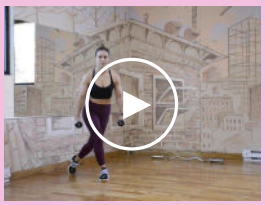
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SQUATS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CURTSY LUNGES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FROG PUMPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

STRAIGHT LEG DEADLIFTS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG GLUTE BRIDGE



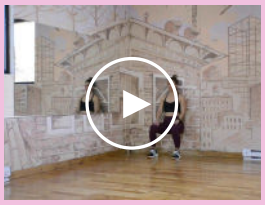
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG DUMBBELL LUNGE KICKBACK



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

1 MIN WALL SITS



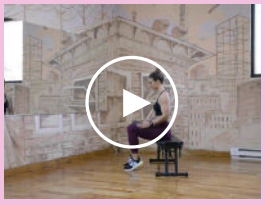
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BALLERINA SINGLE LEG DEADLIFTS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED PLATE CALF RAISES



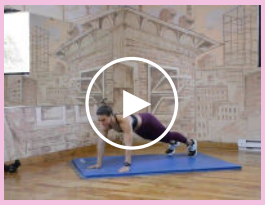
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 1+2

SHOULDERS & CHEST

3-4 SETS / 15 REPS

SHOULDER TAPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WIDE GRIP PUSH UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SIDE LATERAL RAISE



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CHEST FLYS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

FLOOR DUMBBELL CHEST PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

STANDING SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LOW DUMBBELL FLY



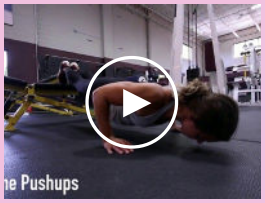
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SIDE LATERAL 21S



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DECLINE PUSH UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BENT OVER REVERSE DUMBBELL FLYES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 1+2

BACK & GLUTES / CARDIO & CORE

3-4 SETS / 15 REPS

SUPERBAND PULL APARTS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

RENEGADE ROWS



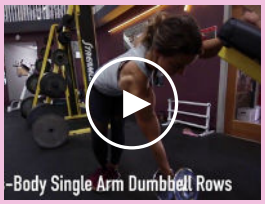
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WIDE GRIP PULL UPS



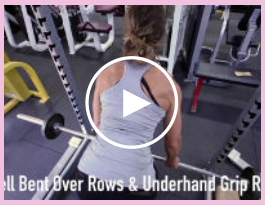
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CROSSBODY SINGLE ARM DUMBBELL ROW



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BENT OVER UNDERHAND ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED SKIER PULLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG GLUTE KICKBACKS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LOOP BAND SQUAT WALK



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FIRE HYDRANTS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG BANDED GLUTE BRIDGES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 1+2

SHOULDERS & ARMS / CARDIO & CORE

3-4 SETS / 15 REPS

SEATED OVERHEAD PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED INCLINE FRONT RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED REAR DELT FLYS



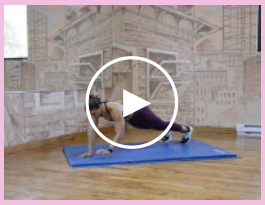
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

TRICEP DIPS



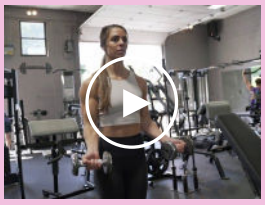
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ALTERNATING PLANK UP & DOWNS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BICEP CURLS 21'S



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ARNOLD SHOULDER PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ZOTTMAN CURLS



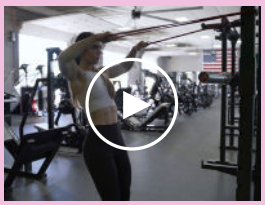
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

OVERHEAD TRICEP EXTENSION



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FACE PULLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 3+4

MONDAY

SHOULDERS + BICEPS / CORE CIRCUIT #1
+ CARDIO BURN

TUESDAY

CHEST + BACK

WEDNESDAY

SHOULDERS / CORE CIRCUIT #2
+ CARDIO BURN

THURSDAY

LEGS

FRIDAY

REST

SATURDAY

REAR DELTS + TRICEPS / CORE CIRCUIT #3
+ CARDIO BURN

SUNDAY

REST OR
OPTIONAL ACTIVE REST W/ CORE CIRCUIT

WEEK 3+4

SHOULDERS & BICEPS / CARDIO & CORE

3-4 SETS / 15 REPS

SINGLE ARM LATERAL RAISE



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SIDE LATERAL RAISES 21'S



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL HAMMER FRONT RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL ALTERNATING FRONT RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CROSSBODY LATERAL RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ZOTTMAN CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED BICEP CURL



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL HAMMER CURL



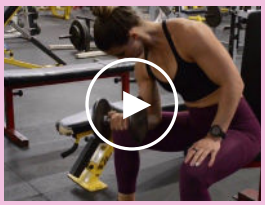
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL FRONT TO SIDE LATERAL RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BICEP CONCENTRATION CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 3+4

CHEST & BACK

3-4 SETS / 15 REPS

FLAT BENCH SINGLE ARM CHEST PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

INCLINE PUSH UP



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL CHAMPAGNES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL CHEST FLYS



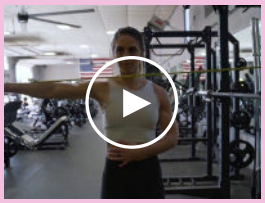
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LOW BANDED CHEST FLY'S



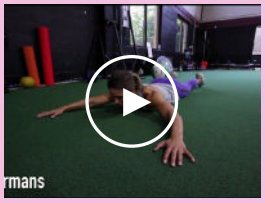
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED SINGLE ARM REVERSE FLYS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SUPERMAN EXTENDED ARMS/LEGS



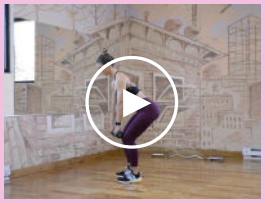
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM DUMBBELL ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

PARTIAL DEADLIFTS



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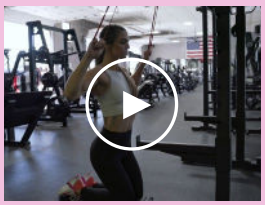
PUSH TAP TO OPEN VIDEO IN NEW TAB

KNEELING BANDED LAT PULL DOWN



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

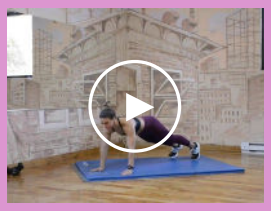
WEEK 3+4

SHOULDERS / CARDIO & CORE

3-4 SETS / 15 REPS

GIANT SET

SHOULDER TAPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ALTERNATING DUMBBELL FRONT RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LEANING SIDE LATERALS



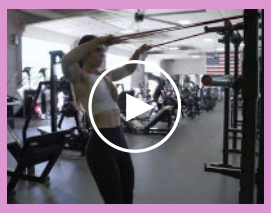
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

UPRIGHT ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FACE PULLS



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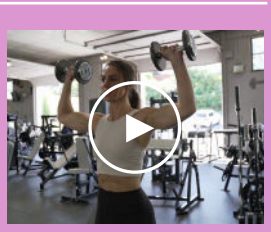
PUSH TAP TO OPEN VIDEO IN NEW TAB

STANDING SHOULDER PRESSES



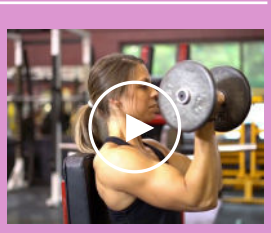
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL HAMMER FRONT RAISES (SET 1 — 15 REPS, SET 2 — 12 REPS, SET 3 — 10 REPS, SET 4 — 8 REPS)



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ARNOLD SHOULDER PRESS



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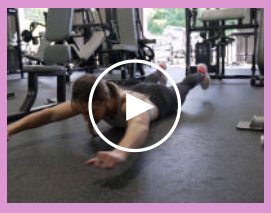
SNOW ANGELS



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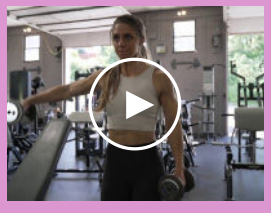
FINISHER: CROSSBODY SIDE LATERALS



PLEASE RIGHT CLICK/
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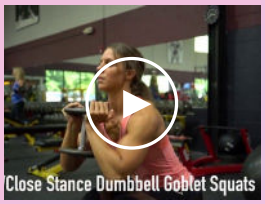
WEEK 3+4

LEGS (QUADS, HAMS, CALVES)

3-4 SETS / 15 REPS

WIDE STANCE GOBLET SQUAT



PLEASE RIGHT CLICK/
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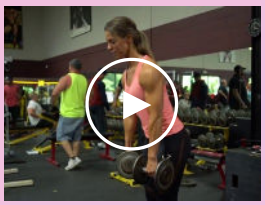
SPLIT STANCE RDL



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

STIFF LEG DUMBBELL DEADLIFT



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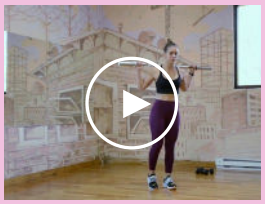
WALKING LUNGES



PLEASE RIGHT CLICK/
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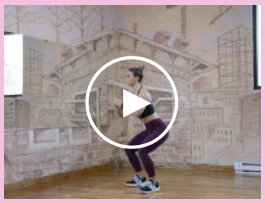
BOX STEP UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

PULSE SQUAT



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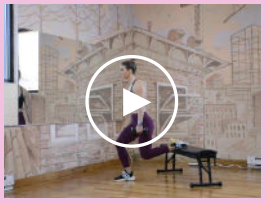
PUSH TAP TO OPEN VIDEO IN NEW TAB

BULGARIAN SPLIT SQUATS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

POP LUNGES



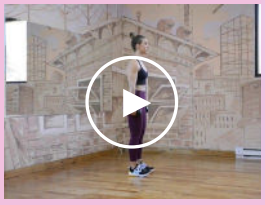
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG BANDED GLUTE BRIDGES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL CALF RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 3+4

REAR DELTS & TRICEPS / CARDIO & CORE

3-4 SETS / 15 REPS

BANDED PULL APART



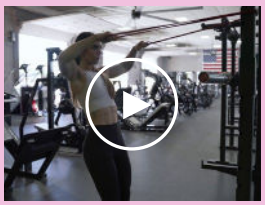
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BENT OVER REVERSE FLY



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FACE PULLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM DUMBBELL ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM BANDED STANDING REAR DELT FLY



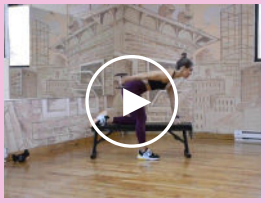
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

OVERHEAD TRICEP EXTENSION



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM BENT OVER TRICEP KICKBACKS



PLEASE RIGHT CLICK/
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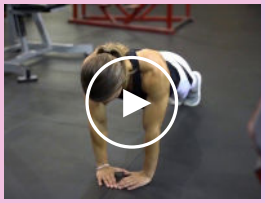
DUMBBELL SKULL CRUSHERS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DIAMOND PUSHUPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

TRICEP DIPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEKS 5+6

MONDAY

BACK + REAR DELTS / CORE CIRCUIT #1
+ CARDIO BURN

TUESDAY

SHOULDERS + TRICEPS

WEDNESDAY

LEGS

THURSDAY

REST

FRIDAY

CHEST + BICEPS / CORE CIRCUIT #2
+ CARDIO BURN

SATURDAY

SHOULDERS + GLUTES / CORE CIRCUIT #3
+ CARDIO BURN

SUNDAY

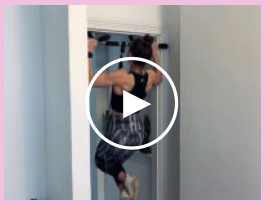
REST
OR OPTIONAL ACTIVE REST W/ CORE CIRCUIT

WEEK 5+6

BACK & REAR DELTS / CARDIO & CORE

3-4 SETS / 12 REPS

WIDE GRIP PULL UPS



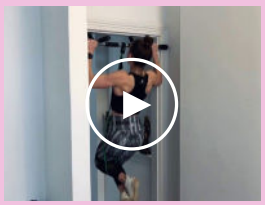
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SKIER PULLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CLOSE GRIP PULL UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BENT OVER DUMBBELL FLYES



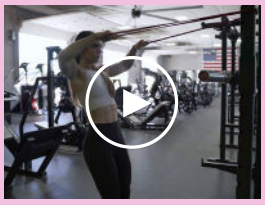
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

INCLINE DUMBBELL PULL OVER



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FACE PULLS



PLEASE RIGHT CLICK/
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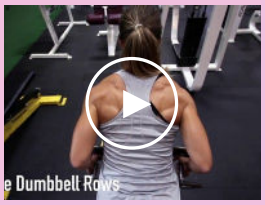
SINGLE ARM DUMBBELL ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL ROW



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WIDE GRIP BANDED KNEELING LAT PULLDOWN



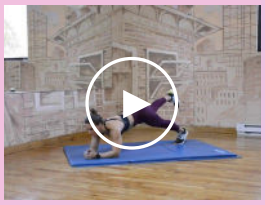
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

SHOULDERS & TRICEPS

3-4 SETS / 12 REPS

ALTERNATING PLANK REACHES



PLEASE RIGHT CLICK/
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DUMBBELL OVERHEAD TRICEP EXTENSION



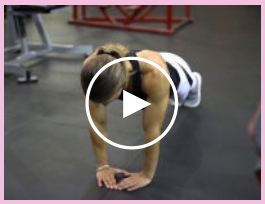
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ARNOLD PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DIAMOND PUSH UPS



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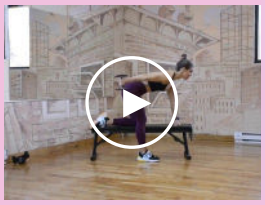
SINGLE ARM TRICEP KICKBACK



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

TRICEP DIPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

FRONT TO SIDE LATERAL RAISES



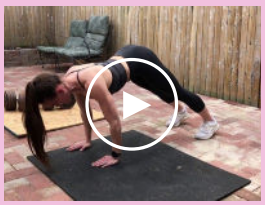
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SKULL CRUSHERS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

PIKE PUSHUPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SHOULDER PRESS



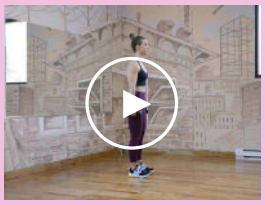
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

LEGS (QUADS, HAMS, CALVES)

3-4 SETS / 15 REPS

DUMBBELL LEG CALF RAISES



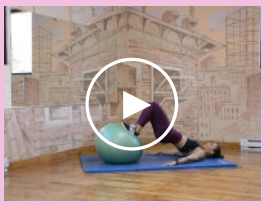
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

MINI BAND LEG EXTENSION



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

STABILITY BALL CURL IN'S



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DUMBBELL SINGLE LEG RDL



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SUMO SQUATS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

POP SQUATS



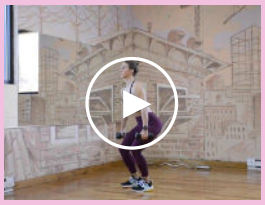
PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SIDE LUNGES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SQUATS



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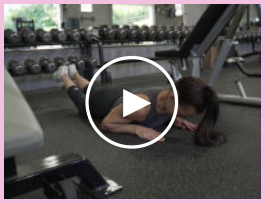
DUMBBELL HAMSTRING CURL



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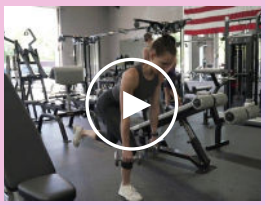
SINGLE LEG ROMANIAN DEADLIFT



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PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

CHEST & BICEPS / CARDIO & CORE

3-4 SETS / 12 REPS

KNEELING PUSH UPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

FLOOR DUMBBELL CHEST PRESS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

LOW BANDED DUMBBELL FLY



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL CHAMPAGNES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL INCLINE CHEST FLY



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE ARM BANDED HIGH BICEP CURL IN



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

CONCENTRATION CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ZOTTMAN CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ALTERNATING HAMMER BICEP CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SEATED DUMBBELL CURLS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

WEEK 5+6

SHOULDERS & GLUTES / CARDIO & CORE

3-4 SETS / 15 REPS

DUMBBELL CIRCLES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SIDE LATERAL RAISES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ALTERNATING DUMBBELL FRONT RAISE



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

DUMBBELL SIDE LATERAL'S 21'S



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

UPRIGHT ROWS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

ARNOLD PRESSES



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

BANDED FROG PUMPS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

REVERSE FROG HYPEREXTENSIONS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

SINGLE LEG GLUTE KICKBACKS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB

MINIBAND FIRE HYDRANTS



PLEASE RIGHT CLICK/
PUSH TAP TO OPEN VIDEO IN NEW TAB



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