

***FULL BODY
PROGRAM
ADVANCED***

MUSCLES INCLUDED

SATS

WORKOUT TRACKER

Progress can be tracked in several ways and is completely your preference. It's a good idea to write down weights and repetitions to track your progress – this can also help you to keep your motivation up and to build a good habit.

You can do this in the app, "SATS", or below. You can track your workouts from the training program and you can also add other forms of training, such as walking, running or a group class if you wish.

We hope you have fun during this journey!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

PULL-UP PROGRESSION

THROUGHOUT THE TRAINING PROGRAM

In this training program we will talk about the pull-up movement. We have pull-ups every week as a pull option because it's a great movement to build upper body strength. However, it is a challenging exercise that is difficult before you pass your first one.

The program has a workout plan to help you master your very first pull-up, or your number 10!

Choose 2-3 of these you can currently do and add into your routine 2 times a week to help you get your first pull-up:

- | | |
|---|------------------------|
| 1. Dead hang for grip strength | 3 sets x 10-30 seconds |
| 2. Scapular pull-ups (with/without band) | 3 sets x 8-12 reps |
| 3. Banded pull-ups (thinner band over time) | 3 sets x 6-10 reps |
| 4. Pull-ups negatives | 3 sets x 4-6 reps |
| 5. Strict pull-ups | 3 sets x 1-10 reps |

When you can do 10 strict pull-ups in one single set then do:

- | | |
|----------------------|--------------------|
| 6. Weighted pull-ups | 3 sets x 6-10 reps |
|----------------------|--------------------|

If you want to do another exercise that is totally fine! You can then choose a non-pullup alternative:

- | | |
|------------------------------|--------------------|
| 1. Lat pulldown on a machine | 3 sets x 8-12 reps |
| 2. Ring/TRX row | 3 sets x 8-12 reps |
| 3. 3-point dumbbell row | 3 sets x 8-12 reps |

Okay, now you're ready to rock the workouts! 🦊

WEEK 1 / WORKOUTS

FOCUS THIS WEEK

You're now ready to start the first week of this training program – you got this!

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand	x 6 reps
World's greatest stretch	x 6 reps/side
Crossover glutes stretch	x 6 reps/side
x 1	
Glute bridge with miniband	x 10 reps
Air squats	x 10 reps
Landmine one leg deadlift	x 10 reps/side

x 2

Kettlebell swing for power development – 8 reps with 45 seconds rest in between sets.

x 3

UPPER BODY

Cat-cow	x 8 reps
Thoracic spine rotation	x 8 reps
Wall slide	x 10 reps
Scapula push-ups	x 10 reps
Scapula pullups	x 6-10 reps

x 1

DAY 1 / LOWER BODY

1. Back squat	3 sets x 4-6 reps	<i>Rest 2-4 min</i>
2. Hip thrust	3 sets x 8-12 reps	
3. Miniband sidewalk	3 sets x 8-12 steps/side	<i>Rest 1-2 min</i>
4. Goblet squat	3 sets x 8-12 reps	
5. Romanian deadlift barbell	3 sets x 8-12 reps	<i>Rest 1-2 min</i>
6. Finisher Core	3 rounds	

Perform all these exercises back-to-back for 30 seconds each:

- Hollow
- Pallof press Left side
- Pallof press Right side
- Rest 60 seconds

WEEK 1 / WORKOUTS

DAY 2 / UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 3 sets x 1-10 reps | Rest 2 min |
| 2. Military press | 3 sets x 4-6 reps | Rest 2-4 min |
| 3. Kettlebells rows | 3 sets x 8-12 reps | |
| 4. Landmine press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Inverted row | 3 sets x 8-12 reps | |
| 6. Barbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 / LOWER BODY

- | | | |
|-----------------------------------|---------------------------------------|--------------|
| 1. Deadlift | 3 sets x 4-6 reps | Rest 2-4 min |
| 2. Bulgarian split squat | 3 sets x 8-12 reps/leg | |
| 3. Staggered deadlift kettlebells | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. High feet leg press | 3 sets x 10-15 reps | |
| 5. Calf press | 3 sets x 10-15 reps | Rest 1-2 min |
| 6. Finisher | as many rounds as possible for 8 min: | |
| – 8 devil press | | |
| – 10 jumping jacks | | |
| – 12 cal Skierg/row | | |

DAY 4 / UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 3 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 3 sets x 4-6 reps | Rest 2-4 min |
| 3. Barbell row | 3 sets x 8-12 reps | |
| 4. Inclined dumbbells press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Lat pulldown | 3 sets x 8-12 reps | |
| 6. Skull crusher | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 2 / WORKOUTS

FOCUS THIS WEEK

Try to add weight or increase by one repetition each week. Do not increase weight at the expense of the technique!

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand	x 6 reps
World's greatest stretch	x 6 reps/side
Crossover glutes stretch	x 6 reps/side

x 1

Glute bridge with miniband	x 10 reps
Air squats	x 10 reps
Landmine one leg deadlift	x 10 reps/side

x 2

Kettlebell swing for power development – 8 reps with 45 seconds rest in between sets.

x 3

UPPER BODY

Cat-cow	x 8 reps
Thoracic spine rotation	x 8 reps
Wall slide	x 10 reps
Scapula push-ups	x 10 reps
Scapula pullups	x 6-10 reps

x 1

DAY 1 / LOWER BODY

1. Back squat	3 sets x 4-6 reps	<i>Rest 2-4 min</i>
2. Hip thrust	3 sets x 8-12 reps	
3. Miniband sidewalk	3 sets x 8-12 steps/side	<i>Rest 1-2 min</i>
4. Goblet squat	3 sets x 8-12 reps	
5. Romanian deadlift barbell	3 sets x 8-12 reps	<i>Rest 1-2 min</i>
6. Finisher Core	3 rounds	
– 10 per side Copenhagen plank		
– 20 Plank with shoulder tap		
– 20 Russian twist with dumbbell		

WEEK 2 / WORKOUTS

DAY 2 / UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 3 sets x 1-10 reps | Rest 2 min |
| 2. Military press | 3 sets x 4-6 reps | Rest 2-4 min |
| 3. Kettlebells rows | 3 sets x 8-12 reps | |
| 4. Landmine press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Inverted row | 3 sets x 8-12 reps | |
| 6. Barbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 / LOWER BODY

- | | | |
|-----------------------------------|------------------------|--------------|
| 1. Deadlift | 3 sets x 4-6 reps | Rest 2-4 min |
| 2. Bulgarian split squat | 3 sets x 8-12 reps/leg | |
| 3. Staggered deadlift kettlebells | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. High feet leg press | 3 sets x 10-15 reps | |
| 5. Calf press | 3 sets x 10-15 reps | Rest 1-2 min |
| 6. Finisher | | |
- Complete 5 rounds of these exercises on time:
- 10 dumbbell deadlift
 - 10 dumbbell clean & jerk
 - 10 V-ups

DAY 4 / UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 3 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 3 sets x 4-6 reps | Rest 2-4 min |
| 3. Barbell row | 3 sets x 8-12 reps | |
| 4. Inclined dumbbells press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Lat pulldown | 3 sets x 8-12 reps | |
| 6. Skull crusher | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 3 / WORKOUTS

FOCUS THIS WEEK

You're on a roll – can you go even heavier? Remember that technique still comes before adding more weight!

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand x 6 reps
World's greatest stretch x 6 reps/side
Crossover glutes stretch x 6 reps/side

x 1

Glute bridge with miniband x 10 reps
Air squats x 10 reps
Landmine one leg deadlift x 10 reps/side

x 2

Box jump (or squat jump) for power development – 5 reps with 30 seconds rest in between sets.

x 3

UPPER BODY

Cat-cow x 8 reps
Thoracic spine rotation x 8 reps
Wall slide x 10 reps
Scapula push-ups x 10 reps
Scapula pullups x 6-10 reps

x 1

DAY 1 | LOWER BODY

1. Front squat 4 sets x 4-6 reps Rest 2-4 min
2. One leg hip thrust 3 sets x 8-12 reps
3. Miniband monster walk 3 sets x 8-12 steps/side Rest 1-2 min
4. Reverse lunge – Smith machine 3 sets x 8-12 reps
5. Back extension 3 sets x 10-15 reps Rest 1-2 min
6. Leg press 3 sets x 10-15 reps Rest 1-2 min
7. Finisher Core 3 rounds Rest 30 sec

Perform the two exercises back-to-back for 30 sec each:

- Stir the pot
- Table pot pull through

WEEK 3 / WORKOUTS

DAY 2 | UPPER BODY

- | | | |
|-----------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 4 sets x 1-10 reps | Rest 2 min |
| 2. Dips (with rubber band/weight) | 4 sets x 4-6 reps | Rest 2 min |
| 3. Ring row | 3 sets x 8-12 reps | |
| 4. Push-ups | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Pull-down | 3 sets x 8-12 reps | |
| 6. Standing dumbbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 | LOWER BODY

- | | | |
|--|------------------------|--------------|
| 1. Sumo deadlift | 4 sets x 4-6 reps | Rest 2-4 min |
| 2. Reverse weighted lunges | 3 sets x 8-12 reps/leg | |
| 3. One leg deadlift kettlebells | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. Goblet squat | 3 sets x 8-12 reps | |
| 5. Leg curl pilates ball | 3 sets x 8-12 reps | Rest 1-2 min |
| 6. Finisher | | |
| Perform this ladder for time: 10-8-6-4-2 reps of | | |
| – Dumbbell clean & jerk | | |
| – Burpees over dumbbell | | |

DAY 4 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 4 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 4 sets x 4-6 reps | Rest 2-4 min |
| 3. Single arm dumbbell row | 3 sets x 8-12 reps | |
| 4. Ring push-ups | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Cable pullover | 3 sets x 8-12 reps | |
| 6. Triceps press | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 4 / WORKOUTS

FOCUS THIS WEEK

How are your pull-ups going? If you get stuck on these assisted pull-ups and an actual pull-up feels far away, you're not alone. And we are working on those pulling muscles and you are getting stronger. Patience!

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand	x 6 reps
World's greatest stretch	x 6 reps/side
Crossover glutes stretch	x 6 reps/side
x 1	
Glute bridge with miniband	x 10 reps
Air squats	x 10 reps
Landmine one leg deadlift	x 10 reps/side

x 2

Kettlebell swing for power development – 8 reps with 45 seconds rest in between sets

x 3

UPPER BODY

Cat-cow	x 8 reps
Thoracic spine rotation	x 8 reps
Wall slide	x 10 reps
Scapula push-ups	x 10 reps
Scapula pullups	x 6-10 reps

x 1

DAY 1 / LOWER BODY

1. Front squat	4 sets x 4-6 reps	Rest 2-4 min
2. One leg hip thrust	4 sets x 8-12 reps	
3. Miniband monster walk	4 sets x 8-12 steps/side	Rest 1-2 min
4. Reverse lunge – Smith machine	3 sets x 8-12 reps	
5. Back extension	3 sets x 8-12 reps	Rest 1-2 min
6. Leg press	3 sets x 10-15 reps	Rest 1-2 min
7. Finisher Core – Tabata		
20 sec on, 10 sec off. 8 rounds.		
– V-ups vs. Around the world		

WEEK 4 / WORKOUTS

DAY 2 / UPPER BODY

- | | | |
|-----------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 4 sets x 1-10 reps | Rest 2 min |
| 2. Dips (with rubber band/weight) | 4 sets x 4-6 reps | Rest 2 min |
| 3. Ring row | 3 sets x 8-12 reps | |
| 4. Push-ups | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Pull-down | 3 sets x 8-12 reps | |
| 6. Standing dumbbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 / LOWER BODY

- | | | |
|---------------------------------|------------------------|--------------|
| 1. Sumo deadlift | 4 sets x 4-6 reps | Rest 2-4 min |
| 2. Reverse weighted lunges | 3 sets x 8-12 reps/leg | |
| 3. One leg deadlift kettlebells | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. Goblet squat | 3 sets x 8-12 reps | |
| 5. Leg curl pilates ball | 3 sets x 8-12 reps | Rest 1-2 min |
| 6. Finisher | 3 rounds | |

Perform all these exercises back-to-back for 30 sec each:

- Kettlebell swings
- Devil press
- Jumping jacks or jog in place

DAY 4 / UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 4 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 4 sets x 4-6 reps | Rest 2-4 min |
| 3. Single arm dumbbell row | 3 sets x 8-12 reps | |
| 4. Ring push-ups | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Cable pullover | 3 sets x 8-12 reps | |
| 6. Triceps press | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 5 / WORKOUTS

FOCUS THIS WEEK

One month has passed and you may now start to feel different! Remember to try adding weight or increasing by one repetition each week, but don't increase weight at the expense of the technique.

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand x 8 reps

World's greatest stretch x 8 reps/side

x 1

Leg curl on pilates ball + miniband x 10 reps

Miniband sidewalk x 10 reps each way

Walking lunges x 10 reps/leg

x 2

Barbell (or dumbbell) High Hang Power Clean for power development – 5 reps with 60 seconds rest in between sets

x 3

UPPER BODY

Cat-cow x 8 reps

Windmill dumbbell x 8 reps

Around the world x 8 reps

Face pull x 10-15 reps

Push-ups x 6-10 reps

x 1

DAY 1 | LOWER BODY

1. Back squat 4 sets x 4-6 reps *Rest 2-4 min*
2. Hip thrust 4 sets x 6-8 reps *Rest 2 min*
3. Heels elevated goblet squat 3 sets x 8-12 reps *Rest 2 min*
4. Romanian deadlift 3 sets x 8-12 reps
5. Finisher Core 3 rounds *Rest 30 sec*
 - Hollow rocks
 - Side plank left
 - Side plank right

WEEK 5 / WORKOUTS

DAY 2 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 4 sets x 1-10 reps | Rest 2 min |
| 2. Military press | 4 sets x 4-6 reps | Rest 2-4 min |
| 3. Kettlebell rows | 3 sets x 8-12 reps | |
| 4. Landmine press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Inverted row | 3 sets x 8-12 reps | |
| 6. Barbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 | LOWER BODY

- | | | |
|--|------------------------|--------------|
| 1. Deadlift | 4 sets x 4-6 reps | Rest 2-4 min |
| 2. Bulgarian split squat | 3 sets x 8-12 reps/leg | |
| 3. Staggered deadlift | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. High feet leg press | 3 sets x 10-15 reps | |
| 5. Leg curl | 3 sets x 10-15 reps | Rest 1-2 min |
| 6. Finisher – every minute for the minute (EMOM) for 8 minutes | | |
| Min 1: Kettlebell swings | | |
| Min 2: Devil press | | |
| Min 3: Rest | | |

DAY 4 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 4 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 4 sets x 4-6 reps | Rest 2-4 min |
| 3. Barbell row | 3 sets x 8-12 reps | |
| 4. Inclined dumbbell press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Lat pulldown | 3 sets x 8-12 reps | |
| 6. Narrow push-ups | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 6 / WORKOUTS

FOCUS THIS WEEK

Look at you go! Keep adding on weights or repetitions as you go, but remember to focus on the technique.

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand x 8 reps
World's greatest stretch x 8 reps/side

x 1

Leg curl on pilates ball + miniband x 10 reps
Miniband sidewalk x 10 reps each way
Walking lunges x 10 reps/leg

x 2

Split Squat jump for power development – 4 reps each side with 30 seconds rest in between sets

x 3

UPPER BODY

Cat-cow x 8 reps
Windmill dumbbell x 8 reps
Around the world x 8 reps
Face pull x 10-15 reps
Push-ups x 6-10 reps

x 1

DAY 1 / LOWER BODY

1. Back squat	5 sets x 4-6 reps	Rest 2-4 min
2. Hip thrust	5 sets x 6-8 reps	Rest 2 min
3. Heels elevated goblet squat	3 sets x 8-12 reps	Rest 2 min
4. Romanian deadlift	3 sets x 8-12 reps	
5. Finisher Core	3 rounds	Rest 15 sec
– Stir the pot with pilates ball	10-15 reps	
– Jack knives	10-15 reps	

WEEK 6 / WORKOUTS

DAY 2 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 5 sets x 1-10 reps | Rest 2 min |
| 2. Military press | 5 sets x 4-6 reps | Rest 2-4 min |
| 3. Kettlebell rows | 3 sets x 8-12 reps | |
| 4. Landmine press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Inverted row | 3 sets x 8-12 reps | |
| 6. Barbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 | LOWER BODY

- | | | |
|--|------------------------|--------------|
| 1. Deadlift | 5 sets x 4-6 reps | Rest 2-4 min |
| 2. Bulgarian split squat | 3 sets x 8-12 reps/leg | |
| 3. Staggered deadlift | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. High feet leg press | 3 sets x 10-15 reps | |
| 5. Leg curl | 3 sets x 10-15 reps | Rest 1-2 min |
| 6. Finisher – complete 5 rounds of these exercises on time | | |
| 14-12-10-8 Reps and Calories: | | |
| – Dumbbell clean & jerk | | |
| – Row | | |

DAY 4 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 5 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 5 sets x 4-6 reps | Rest 2-4 min |
| 3. Barbell row | 3 sets x 8-12 reps | |
| 4. Inclined dumbbell press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Lat pulldown | 3 sets x 8-12 reps | |
| 6. Narrow push-ups | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 7 / WORKOUTS

FOCUS THIS WEEK

Almost there! Keep it going and remember to look back at how far you've come and the progress you've made.

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand x 8 reps
World's greatest stretch x 8 reps/side

x 1

Leg curl on pilates ball + miniband x 10 reps
Miniband sidewalk x 10 reps each way
Walking lunges x 10 reps/leg

x 2

Barbell (or dumbbell) High Hang Power Clean for power development – 5 reps with 60 seconds rest in between sets

x 3

UPPER BODY

Cat-cow x 8 reps
Windmill dumbbell x 8 reps
Around the world x 8 reps
Face pull x 10-15 reps
Push-ups x 6-10 reps

x 1

DAY 1 / LOWER BODY

1. Back or front squat 5 sets x 4-6 reps Rest 2-4 min
2. One leg hip thrust 3 sets x 8-12 reps
3. Monster walk 3 sets x 8-12 steps/side Rest 1-2 min
4. Weighted step up 3 sets x 8-12 reps
5. Back extension 3 sets x 8-12 reps Rest 1-2 min
6. Leg press 3 sets x 15-20 reps Rest 2 min
7. Finisher Core 3 rounds Rest 1 min
 - Side plank
 - High plank
 - Side plank (other side)
 - Elbow plank

WEEK 7 / WORKOUTS

DAY 2 | UPPER BODY

- | | | |
|-----------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 5 sets x 1-10 reps | Rest 2 min |
| 2. Dips (with rubber band/weight) | 5 sets x 4-6 reps | Rest 2-4 min |
| 3. Ring row | 3 sets x 8-12 reps | |
| 4. Dumbbell press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Pulldown | 3 sets x 8-12 reps | |
| 6. Standing dumbbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 | LOWER BODY

- | | | |
|---------------------------------------|------------------------|--------------|
| 1. Sumo deadlift/deadlift | 5 sets x 4-6 reps | Rest 2-4 min |
| 2. Reverse weighted lunges | 3 sets x 8-12 reps/leg | |
| 3. One leg deadlift kettlebell | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. Goblet squat | 3 sets x 8-12 reps | |
| 5. Leg curl on pilates ball | 3 sets x 10-15 reps | Rest 1-2 min |
| 6. Finisher – complete 3-4 rounds of: | | Rest 1 min |
| – 1 min row | | |
| – 1 min Skierg | | |
| – 1 min Airbike | | |

DAY 4 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 5 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 5 sets x 4-6 reps | Rest 2-4 min |
| 3. Single arm dumbbell row | 3 sets x 8-12 reps | |
| 4. Ring push-up | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Cable pullover | 3 sets x 8-12 reps | |
| 6. Triceps press | 3 sets x 8-12 reps | Rest 1-2 min |

WEEK 8 / WORKOUTS

FOCUS THIS WEEK

Final week! Finish strong with added weights or reps where you can push yourself and still maintain your awesome technique!

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg. Perform these drills in succession to prepare your body for the workout ahead.

LOWER BODY

Squat to stand x 8 reps
World's greatest stretch x 8 reps/side

x 1

Glute bridge with band on ball x 10 reps
Miniband sidewalk x 10 reps each way
Walking lunges x 10 reps/leg

x 2

Split Squat jump for power development – 4 reps each side with 30 seconds rest in between sets

x 3

UPPER BODY

Cat-cow x 8 reps
Windmill dumbbell x 8 reps
Around the world x 8 reps
Face pull x 10-15 reps
Push-ups x 6-10 reps

x 1

DAY 1 / LOWER BODY

1. Back or front squat 5 sets x 4-6 reps Rest 2-4 min
2. One leg hip thrust 3 sets x 8-12 reps
3. Monster walk 3 sets x 8-12 steps/side Rest 1-2 min
4. Weighted step up 3 sets x 8-12 reps
5. Back extension 3 sets x 8-12 reps Rest 1-2 min
6. Leg press 3 sets x 15-20 reps Rest 2 min
7. Finisher Core Rest 1 min
 - 10 Hollow rocks
 - 10 V-ups
 - 20 mountain climbers

WEEK 8 / WORKOUTS

DAY 2 | UPPER BODY

- | | | |
|-----------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 5 sets x 1-10 reps | Rest 2 min |
| 2. Dips (with rubber band/weight) | 5 sets x 4-6 reps | Rest 2-4 min |
| 3. Ring row | 3 sets x 8-12 reps | |
| 4. Dumbbell press | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Pulldown | 3 sets x 8-12 reps | |
| 6. Standing dumbbell curls | 3 sets x 8-12 reps | Rest 1-2 min |

DAY 3 | LOWER BODY

- | | | |
|---------------------------------------|------------------------|--------------|
| 1. Sumo deadlift/deadlift | 5 sets x 4-6 reps | Rest 2-4 min |
| 2. Reverse weighted lunges | 3 sets x 8-12 reps/leg | |
| 3. One leg deadlift kettlebell | 3 sets x 8-12 steps | Rest 1-2 min |
| 4. Goblet squat | 3 sets x 8-12 reps | |
| 5. Leg curl on pilates ball | 3 sets x 10-15 reps | Rest 1-2 min |
| 6. Finisher – 20-15-10 repetition of: | | |
| – Air squats | | |
| – Sit-ups | | |
| – Burpees | | |

DAY 4 | UPPER BODY

- | | | |
|--------------------------------|--------------------|--------------|
| 1. Pull-ups/non-pullups (p. 2) | 5 sets x 1-10 reps | Rest 2 min |
| 2. Benchpress | 5 sets x 4-6 reps | Rest 2-4 min |
| 3. Single arm dumbbell row | 3 sets x 8-12 reps | |
| 4. Ring push-up | 3 sets x 8-12 reps | Rest 1-2 min |
| 5. Cable pullover | 3 sets x 8-12 reps | |
| 6. Triceps press | 3 sets x 8-12 reps | Rest 1-2 min |