

PERIOD 2 – WORKOUTS

4 Workouts/week with an option to complete the 5th

Repeat weekly for three weeks

Do each circuit 3 times before moving to the next

Track your weights / bands (failure at 12)

HAVE FUN!

RISE STRENGTH LAB

PERIOD 2 – DAY 1

WARM UP

5 MINS – CARDIO OF CHOICE _____

CIRCUIT 1

MED BALL PUSH-UPS # _____ # _____ # _____

WIDE PULLDOWNS 12@ _____ 12@ _____ 12@ _____

NOTES: _____

CIRCUIT 2

ALTERNATING OHP 12per@ _____ 12per@ _____ 12per@ _____

CHEST SUPPORTED ROW 12@ _____ 12@ _____ 12@ _____

NOTES: _____

CIRCUIT 3

DOUBLE ROPE SLAMS 75 75 75

FARMER WALK 1:00 min 1:00 min 1:00 min

NOTES: _____

CIRCUIT 4

BICEP CURLS 12@ _____ 12@ _____ 12@ _____

TRICEP EXTENSION 12@ _____ 12@ _____ 12@ _____

NOTES: _____

RISE STRENGTH LAB

PERIOD 2 – DAY 2

WARM UP

5 MINS – CARDIO OF CHOICE _____

CIRCUIT 1

DB FRONT SQUAT 12@_____ 12@_____ 12@_____

RUSSIAN SIT-UPS 12@_____ 12@_____ 12@_____

NOTES: _____

CIRCUIT 2

BULGARIAN LUNGES 12per@___ 12per@___ 12per@___

OVERHEAD WALK :30s/side :30s/side :30s/side

NOTES: _____

CIRCUIT 3

1-LEG ROMANIANS 6per@___ 6per@___ 6per@___

WOODCHOPPERS 12/side 12/side 12/side

NOTES: _____

CIRCUIT 4

JUMP SQUATS 20 (no weight) 20 (no weight) 20 (no weight)

WALKING LUNGES 20 (no weight) 20 (no weight) 20 (no weight)

NOTES: _____

RISE STRENGTH LAB

PERIOD 2 – DAY 3

WARM UP

5 MINS – CARDIO OF CHOICE _____

CIRCUIT 1

ALT. DB BENCH	12per@___	12per@___	12per@___
ASSISTED PULL-UPS	12@_____	12@_____	12@_____
ROWING	1:00 min	1:00 min	1:00 min

NOTES: _____

CIRCUIT 2

BARBELL OHP	12@_____	12@_____	12@_____
SEATED ROW	12@_____	12@_____	12@_____
SPIN BIKE SPRINT	1:00 min	1:00 min	1:00 min

NOTES: _____

CIRCUIT 3

OH TRICEP EXT.	12@_____	12@_____	12@_____
HAMMER CURLS	12@_____	12@_____	12@_____
SPIN BIKE SPRINT	1:00 min	1:00 min	1:00 min

NOTES: _____

RISE STRENGTH LAB

PERIOD 2 – DAY 4

WARM UP

5 MINS – CARDIO OF CHOICE _____

CIRCUIT 1

STEPBACK LUNGES	12per@___	12per@___	12per@___
BODY SAW	12@_____	12@_____	12@_____
SPIN BIKE SPRINT	1:00 min	1:00 min	1:00 min

NOTES: _____

CIRCUIT 2

SUMO KB DEADLIFT	12@_____	12@_____	12@_____
FIGURE 8 - PALOF	12per@___	12per@___	12per@___
SPIN BIKE SPRINT	1:00 min	1:00 min	1:00 min

NOTES: _____

CIRCUIT 3

HIP THRUST	20@_____	20@_____	20@_____
THREAD THE NEEDLE	8per@___	8per@___	8per@___
SPIN BIKE SPRINT	1:00 min	1:00 min	1:00 min

NOTES: _____

RISE STRENGTH LAB

PERIOD 2 – DAY 5 (OPTIONAL)

WARM UP 5 MINS – CARDIO OF CHOICE _____

CIRCUIT 1

BURPEE PRESS	12@_____	12@_____	12@_____
WALKING LUNGES	12per@___	12per@___	12per@___
KNEE TUCKS	12	12	12
PIKES	12	20	12
SLED PUSH	1:00 min	1:00 min	1:00 min

NOTES: _____

CIRCUIT 2

ALT. KB ROW	12/side	12/side	12/side
ROMANIANS	12@_____	12@_____	12@_____
SLIDE OUT FAILS	12	12	12
X-UPS	12/side	12/side	12/side
SKIPPING	1:00 min	1:00 min	1:00 min

NOTES: _____