

# Week 1 Preview (Off-Season Bulk)

Day One: Legs	Day Two: Chest/Tris	Day Three: Back/Bis	Day Four: Legs	Day Five: Arms
<p><b>Workout (4x15,12,10,8)</b></p> <ul style="list-style-type: none"> <li>☐ barbell box squat</li> <li>☐ *each leg* assisted OR unassisted pistol squats (added weight is optional)</li> <li>☐ glute hamstring raise (leg curls if no access to glute ham machine) *weighted optional*</li> <li>☐ adductor machine (alternative, side lunges sliding your foot away from you then back towards each other)</li> <li>☐ abductor machine (alternative, fire hydrants)</li> </ul> <p><b>Grip Strength</b></p> <ul style="list-style-type: none"> <li>☐ 2x1min plate pinches (5 or 10lb plates)</li> <li>☐ 2x1min pull up bar hangs</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>☐ 3x10 *each side* plank downward dog foot touches</li> </ul>	<p><b>Workout (4x15,12,10,8)</b></p> <p><u>Warm Up Rotator Cuff</u> (3x15 light shoulder raises, front and lateral)</p> <ul style="list-style-type: none"> <li>☐ dumbbell bench press</li> <li>☐ close grip barbell bench press</li> <li>☐ hanging dips for chest (lean forward)</li> <li>☐ neutral grip chest flies (cable or dumbbell)</li> <li>☐ EZ bar lying tricep extensions</li> </ul> <p><b>Mental Barrier Breaker</b></p> <ul style="list-style-type: none"> <li>☐ 1xFailure push ups</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>☐ 50 total weighted crunches</li> <li>☐ 50 total leg lifts</li> </ul>	<p><b>Workout (4x15,12,10,8)</b></p> <ul style="list-style-type: none"> <li>☐ SUPERSET - EZ bar curls into hammer curls</li> <li>☐ SUPERSET - 4x15 cable curls into 6-10 weighted chin ups</li> <li>☐ barbell deadlifts</li> <li>☐ barbell rows</li> <li>☐ 2x failure pull ups</li> </ul> <p><b>Grip Strength</b></p> <ul style="list-style-type: none"> <li>☐ 2xFailure heavy dumbbell farmer carries</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>☐ 100 flutter kicks</li> <li>☐ 100 scissor kicks</li> <li>☐ 100 reverse crunches</li> </ul>	<p><b>Workout (4x15,12,10,8)</b></p> <ul style="list-style-type: none"> <li>☐ power clean high pulls</li> <li>☐ dumbbell RDL's</li> <li>☐ barbell sumo squats</li> <li>☐ exercise ball leg curls (if no exercise ball use the machine)</li> <li>☐ *each leg* single-leg glute bridges</li> </ul> <p><b>Mental Barrier Breaker</b></p> <ul style="list-style-type: none"> <li>☐ 2x1min AMRAP (as many reps as possible) single-leg leg press *each leg*</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>☐ 200 total crunches</li> <li>☐ 3x1-2min straight arm plank pulses (flex core for 5sec and then relax for 2seconds, do this for every set)</li> </ul>	<p><b>250 Total Reps</b></p> <ul style="list-style-type: none"> <li>☐ 50 total tricep dips</li> <li>☐ 50 total close grip (elbows tucked) weighted push ups</li> <li>☐ 50 total rope tricep pull downs</li> <li>☐ 50 total barbell curls</li> <li>☐ 50 total dumbbell hammer curls (each arm)</li> </ul> <p><b>Grip Strength</b></p> <ul style="list-style-type: none"> <li>☐ 1xFailure barbell forearm wrist curls</li> <li>☐ 1xFailure dumbbell reverse wrist curls</li> </ul>

□ 3x10 \*each side\*  
slow mountain  
climbers with a  
twist

