

WEEK: / - /

Workout Cycle: BRAVO

MONDAY		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	LOWER BODY	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	TUESDAY	Intervals	Time
Barbell Squat (2 sets , 5-7reps)							Exercise Bicycle		
Overhead Barbell Squat (2 sets , 5-7reps)							30 high/90 low		
Barbell Deadlift (3 sets , 5-7reps)							7 intervals		
Dumbbell Walking Lunge (2 sets / side , 5-7reps)									
1-leg Swiss Ball Leg Curl (2 sets/leg , 5-7reps)									
Dumbbell Step-up (2 sets , 5-7reps)									
				Warm Up/ Cool Down					
WEDNESDAY		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	UPPER BODY	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	THURSDAY	Intervals	Time
Bent Over Barbell Row (2 sets , 5-7reps)				Parallel Bar Dip (2 sets , 5-7reps)			Exercise Bicycle		
B.O. Bbell Row (undrhnd) (1 sets , 5-7reps)							60 high/60 low		
Bench Press- Normal Grip (1 sets , 5-7reps)							7 intervals		
Bench Press- Wide Grip (1 sets , 5-7reps)									
Bench Press- Narrow Grip (1 sets , 5-7reps)									
Pullup (2 sets , 5-7reps)									
Barbell Overhead Press (2 sets , 5-7reps)									
1-arm Barbell Biceps Curl (2 sets/arm , 5-7reps)				Warm Up/ Cool Down					
FRIDAY		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	TOTAL BODY	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	WEEKEND	Intervals	Time
Swiss Ball Pushup (2 sets , 8-10reps)							Exercise Bicycle		
Suitcase Deadlift (3 sets , 8-10reps)							90 high/180 low		
Barbell Clean (3 sets , 8-10reps)							4 intervals		
Dbell Ovrhead Walk Lunge (2 sets , 8-10reps)									
Bridge (2 sets , 30 seconds)									
Side Bridge (2 sets/side , 30 seconds)									
				Warm Up/ Cool Down					