

WEEK: / - /

Workout Cycle: ECHO

MON (any 6)		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 or Hack Squat (3 sets , 5-7reps)				Suitcase Deadlift (2 sets , 5-7reps)			Interval Training		
Barbell Deadlift (3 sets , 5-7reps)				 Sumo Squat (2 sets , 5-7reps)			60/60		
Dumbbell Lunge (2 sets / side , 5-7reps)				One legged cable kickback (2 sets , 5-7reps)					
1-leg Swiss Ball Leg Curl (2 sets/leg , 5-7reps)				One legged cable kickout (2 sets , 5-7reps)					
Dumbbell Step-up (2 sets , 5-7reps)				One legged cable kickup (2 sets , 5-7reps)					
Seat/Bbell/Mchn Calf Raise (3 sets , 8-10 reps)				Back Hyperextensions (2 sets , 10-12reps)					
Bulgarian Split Squat (2 sets , 5-7reps)				Overhead Dumbbell Squat (2 sets , 10-12reps)					
Dbell Overhead Walk Lunge (2 sets , 5-7reps)				Warm Up/ Cool Down					
WED (any 6)		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
Seated/T-bar/BO Row (2 sets , 5-7reps)				Parallel Bar Dip (2 sets , 5-7reps)			Endurance Training		
Bench Press- Any Grip (3 sets , 5-7reps)				Bent over Lateral raise (2 set , 5-7reps)					
Standing Bbell Ovrhead Press (2 sets , 5-7reps)				Upright Rows (2 set , 5-7reps)					
Pullup / Chinup / NeutralGrip (2 sets , 5-7reps)				Standing/Seated shrugs (2 set , 5-7reps)					
Shoulder Press (2 sets , 5-7reps)				Triceps press / extension (2 set , 5-7reps)					
Dumbbell/Barbell Biceps Curl (3 sets/arm , 5-7reps)				Cable crossovers (2 sets , 10-12reps)					
Alter. Dbell Incline Press (Und/Over set , 5-7reps)				Upward Cable Crossovers (2 set , 5-7reps)					
Dumbbell Fly (Und/Over set , 5-7reps)				Warm Up/ Cool Down					
FRIDAY (any 3)		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	FRIDAY (any 3)	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	WEEKEND	Intervals	Time
Any Style Pushups (1 set each (all 3), X reps)				Hindu/Standard/Horse Squat (2 sets, X reps)			Flexibility Training		
Any Style Crunches (2 sets, X reps)				Plank (2 sets, 30 seconds)					
Swiss Ball Knee tuck (2 sets, X reps)				Side Plank (2 sets/side, 30 seconds)					
Wood Chop (medicine ball) (2 sets, X reps)				1 Leg over the Line jumps (1 sets, X reps)					
Squat Jump (2 sets X reps)				Swiss Ball Leg Curl (2 sets, X Reps)					
Inverted Row (smith machine) (2 sets X reps)				Mountain Climber (2 sets X reps)					
Ball Exchange (1 sets X reps)				Leg raises (2 sets X reps)					
Superman Raises (2 sets , 15 secs/side)				Warm Up/ Cool Down					