

Week 1 Hypertrophy & Fat Loss

Fit Brit Fitness @fit_brit	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MUSCLE SPLITS	Shoulders	Glutes, Hams & Quads	Abs & Conditioning	Back & Bis	Chest & Tris	Abs & Conditioning	
WARM-UP	Prowler Push (heavy) + Plank Pulls (30 sec.) Complete exercises back to back for 5 min. with minimum rest	Prowler Push (heavy) + KB Swings (30 sec.) Complete exercises back to back for 5 min. with minimum rest	Ab Circuit Perform each exercise for 30 sec. For 2 sets. Plank Bicycle Crunches Leg Raises Cherry Pickers	Prowler Push (heavy) + Plank Pulls (30 sec.) Complete exercises back to back for 5 min. with minimum rest	Prowler Push (heavy) + Narrow Push Ups (30 sec.) Complete exercises back to back for 5 min. with minimum rest	Decline Bench Circuit Perform each exercise for 30 sec. For 2 sets. Tempo: 4:2:4:2 SLOW Sit Ups Oblique Crunches Leg Raises	
PYRAMID 1st set 15 reps 2nd set 12 reps 3rd set 10 reps 4th set 8 reps Tempo 4-2-4-2 75 sec. Rest	Smith Machine Shoulder Press	BB Back Squat	Approx: 30-35 minutes total Perform each exercise for 30 sec. with 20 sec. transition between exercises. Prowler Push Sprint Ball Slams (with med. Ball) Box Jumps Plank Pulls Battle Ropes 2 Arm Farmer Carry Rower Push Ups Rest 2 min. after completion of circuit. Repeat 4 times.	BB Deadlift	BB Bench Press	Approx: 25-30 minutes total Perform each exercise for 30 sec. with 20 sec. transition Jumping Scissor Lunges Med. Ball OH Throw (against wall) Frog Jumps 1 Arm OH KB Carry Bear Crawls Lateral Bear Crawls Rest 2 min. after completion of circuit. Repeat 4 times.	
SUPERSETS 3 x 12-15 reps Tempo 2-3-2-0 60 sec. Rest	#1. Standing Cable Rear Delt Row #2. Cable Upright Row (Rope Attachment)	#1. Decline Leg Press (feet neutral, focus on quads) #2. DB Reverse Lunges		Prowler Push Sprint	#1. Wide Grip Cable Row #2. Reverse Grip Lat Pull Down		#1. Hammer Strength Incline Bench Press #2. Push Ups
SUPERSETS 3 x 12-15 reps Tempo 2-3-2-0 60 sec. Rest	#1. BB OH Shoulder Press #2. 30 degree Incline Bench Prone DB Rear Flye	#1. Seated Ham Curl #2. Walking Lunges		Ball Slams (with med. Ball)	#1. Seated Cable Row (triangle attachment) #2. Preacher Curl		#1. Alt. DB Chest Press #2. Skull Crushers
FINISHER	Hammer Strength Shoulder Press Machine ASCENDING LADDER 3 x AMRAP Tempo: 1-0-1-0 45 sec. Rest between sets (Set = right, left, together. AMRAP.)	BB Hip Thrusters 4 x 15-20 reps Tempo: 1-2-1-2 60 sec. Rest		Box Jumps	Assisted Pull Ups (straight legs) 4 x AMRAP Tempo: 1-0-1-0 60 sec. Rest (start with no assistance, to slightly increasing resistance)		Assisted Tricep Dips 4 x AMRAP Tempo: 1-0-1-0 60 sec. Rest (start with no assistance, to slightly increasing resistance)
CONDITIONING	2 min. Rower Prowler Push Sprint 2 min. Rower 30 sec. Med Ball Slams REPEAT CIRCUIT 4X Minimum rest	1 min. Stair Master 30 sec. Box Jumps 1 min. Stair Master Prowler Push (heavy & low push) REPEAT CIRCUIT 4X Minimum rest		Battle Ropes	1 min. Rower 30 sec. Burpee 1 min. Rower 30 sec. Battle Ropes REPEAT CIRCUIT 4X Minimum rest		2 min. Elliptical 30 sec. Push Ups 2 min. Elliptical 30 sec. Mountain Climbers REPEAT CIRCUIT 4X Minimum rest
CARDIO (Optional)	20 min. Stairmaster	1 mile on Treadmil		Push Ups	1 mile on Treadmil		1 mile on Treadmil

*Tempo: The 1st # is the negative or eccentric phase. The 2nd # is the pause after the 1st phase. The 3rd # is the contraction of positive phase "explode". The 4th # is the pause at the top of movement.

*Prowler Push: Go the length of space provided in your gym. Or if you don't have access to one... choose a cardio machine with heavy resistance for 1-2 min!