

Week 2 Hypertrophy & Fat Loss

Fit Brit Fitness @fit_brit	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUSCLE SPLITS	Shoulders	Glutes & Hams	Chest & Arms	Back & Rear Delts	Shoulders & Abs	Conditioning
WARM-UP	Your choice cardio machine (don't do same machine back to back). Complete 1 mile. Or Prowler Push for 5 min. (rest as needed).					
ABS	20 sec. Plank Pull + 20 Alt. Dead Bugs (3 sets)	Seated Ab Crunch Machine 3 sets of 20 Tempo: 1-2-4-1 Rest 30 seconds	25 Leg Raise 20 Supermans (2 sets)	Seated Ab Crunch Machine 3 sets of 20 Tempo: 1-2-4-1 Rest 30 seconds	20 sec. Plank Pull + 20 Alt. Dead Bugs (3 sets)	None
SINGLE EXERCISE 4 x 10-12 Tempo 4-1-1-0 60 sec. Rest	BB Hang Clean	BB Romanian Deadlift	BB Bench Press	BB Deadlift	BB Push Press	30 minutes total Perform each exercise for 30 sec. with 20 sec. transition between exercises. Prowler Push Sprint Goblet Squat ISO-HOLD (with med. Ball) Rower Battle Ropes OH KB Carry Ball Slams (with med. Ball) Rest 2 min. after completion of circuit Repeat 4 times
SINGLE EXERCISE 4 x 10-12 Tempo 4-1-1-0 60 sec. Rest	BB Strict Press (no bounce)	BB Ass to Grass Squats	Cable Flye (Standing, Crossovers, Hands to chin height)	Bent over BB Row (overhand-grip)	Ab Crunch Machine	
SUPERSETS 4 x #1 Exercise- 12-15 reps Tempo 4-1-1-2 4 x #2 Exercise- AMARP Tempo 1-0-1-0 45 sec. Rest	#1. DB Arnold Press #2. DB Lateral Raise	#1. BB Hip Thrusters #2. Pop Squats	#1. DB Alt. Curl #2. DB Tricep Extension	#1. One-arm DB Row #2. Standing DB Shrugs	#1. Cable Lateral Raise #2. Cable Rope Crunch	
SUPERSETS 4 x Exercise- 12-15 reps Tempo 4-1-1-2 4 x #2 Exercise- AMARP Tempo 1-0-1-0 45 sec. Rest	#1. DB 90 degree Raise #2. DB Front Raise	#1. Lying Ham Curl #2. Alt. Scissor Lunges	#1. Preacher Curl #2. French Press	#1. T-Bar Row #2. Cable Pull-down (triangle attachment)	#1. Cable Front Raise #2. Cable Rope Crunch (obliques, elbow to opposite knee)	
DROP SET 1st set x 6-8 reps 2nd set x 8-10 reps 3rd set x 10-12 reps 4th set x 12-15 reps 5th set x 15-20 reps Tempo 1-0-1-0 30 sec. Rest	Smith Machine Shoulder Press	Smith Machine Parallel Squats (feet close together)	Hammer-Strength Chest Press Machine	Hammer-Strength Lat Pull Down Machine	Decline Ab Bench (Tempo 3:1:3:1)	
CONDITIONING	Prowler Push Sprint + KB Farmer Carry + Prowler Push Sprint + KB OH Carry REPEAT 2x	Walking Lunges w/ Plate OH + KB Swings 15 reps + Prowler Push Sprint REPEAT 2x	KB Single Arm Press 6 reps each side (on ground) + Push Ups 30 sec. + Bench Dips 30 sec. REPEAT 2x	Prowler Push Sprint + Battle Ropes 30 sec. + Rower 1 min. REPEAT 2x	OH Ball Slams (30 sec) + Battle Ropes (30 sec) REPEAT 2x	
CARDIO (Optional)	20 min. Stairmaster	2 miles on Treadmil	20 min. Stairmaster	2 miles on Treadmil	2 miles 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!