

## Phase 1: **Day 1/5**

All Four Poorly		SETS	REPS							
All Four Reach		1	5 Breaths							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	
Push-Up	1	2	15 <b>F</b>							
	2	3	15 <b>F</b>							
	3	4	15 <b>F</b>							
	4	5	15 <b>F</b>							
Chair-Supported Backpack Row	1	2	15 <b>F</b>							
	2	3	15 <b>F</b>							
	3	4	15 <b>F</b>							
	4	5	15 <b>F</b>							
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	ightharpoons
Romanian Deadlift Holding Backpack	1	1	15							
	2	2	15							
	3	2	15							
	4	2	15							
1-Arm Shoulder Press with Backpack	1	1	12/side							
	2	2	12/side							
	3	2	12/side							
	4	2	12/side							
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	<b>~</b>
Push-Up Plank	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
Goblet Squat Holding Backpack	1	1	8							
	2	2	8							
	3	2	8							
	4	2	8							
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	$\checkmark$
Abs—Reverse Crunches	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							
Triceps—Tricep Dips on Couch Edge	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							



## Phase 1: **Day 2/5**

Aesthetic Postural Power (APP) Warm-Up Drill			REPS							
Bird Dog		1	5/side							
CIRCUIT A					SET 2		SET 4	SET 5	SET 6	<b>~</b>
Two-Point Backpack Row	1	2	12 <b>F</b>							
	2	3	12 <b>F</b>							
	3	4	12 <b>F</b>							
	4	5	12 <b>F</b>							
Push-Up to Downward Dog	1	2	12 <b>F</b>							
	2	3	12 <b>F</b>							
	3	4	12 <b>F</b>							
	4	5	12 <b>F</b>							
CIRCUIT B			REPS		SET 2		SET 4	SET 5	SET 6	✓
Romanian Deadlift Holding Backpack	1	1	10							
	2	2	10							
	3	2	10							
	4	2	10							
1-Arm Shoulder Press with Backpack	1	1	12/side							
	2	2	12/side							
	3	2	12/side							
	4	2	12/side							
CIRCUIT C			REPS		SET 2	SET 3	SET 4	SET 5	SET 6	$\checkmark$
Push-Up Plank	1	1	5 breaths							
	2	2	5 breaths							
	3	2	5 breaths							
	4	2	5 breaths							
Split Squat Holding Backpack	1	1	5/side							
	2	2	5/side							
	3	2	5/side							
	4	2	5/side							
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Biceps—Curls with backpack	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							
Obliques—Russian Twists with Book	1	1	AMRAP							
	2	2	AMRAP							
	3	2	AMRAP							
	4	3	AMRAP							

outlive Men's No Bodyweig		de	the card	the state of	F.	195 Mg	A CONTRACTOR OF THE PERSON OF				
Bodyweig	THE VVOI KOUL		on freds		All Alling						
			ALL STREET								
Phase 1: <b>Day 3/5</b>											
								an Consultation of the Con			
Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS								
90/90 Hip Lift on couch with towel	14/EE/	1	5 breaths	CET 4	CET 3	CET 3	CET 4	CET E	CET C		
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	<b>✓</b>	
1-Arm Shoulder Press with Backpack	2	2	15F								
	3	3	15F								
	4	5	15F							-	
Chair-Supported Backpack Row	1	2	15 <b>F</b>								
Supported Backpack Now	2	3	15 <b>F</b>								
	3	4	15F							-	
	4	5	15F								
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~	
Romanian Deadlift Holding Backpack	1	1	15								
	2	2	15								
	3	2	15							<u> </u>	
	4	2	15								
1-Arm Shoulder Raise with Backpack	1	1	12/side								
	2	2	12/side								
	3	2	12/side								
	4	2	12/side								
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~	
Push-Up Plank	1	1	5 breaths								
	2	2	5 breaths								
	3	2	5 breaths								
	4	2	5 breaths								
Goblet Squat Holding Backpack	1	1	8								
	2	2	8								
	3	2	8								
	4	2	8								
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	~	
Abs—Flutter Kicks	1	1	AMRAP								
	2	2	AMRAP								
	3	2	AMRAP								
	4	3	AMRAP								
Obliques—Side Plank Hip Lifts	1	1	AMRAP								
	2	2	AMRAP								

outlive Men's No Bodyweig	Equipment / ht Workout								
A STATE OF THE STA			and the	· V					
Phase 1: Day 4/5				4-					
		Ventu.	iber il						The same of the sa
Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS						
Cat Camel		1	5						
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Decline Push-Up	1	2	12 <b>F</b>						
	2	3	12 <b>F</b>						
	3	4	12 <b>F</b>						
	4	5	12 <b>F</b>						
Chair-Supported Backpack Row	1	2	12 <b>F</b>						
	2	3	12 <b>F</b>						
	3	4	12 <b>F</b>						
	4	5	12 <b>F</b>						
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Romanian Deadlift Holding Backpack	1	1	10						
	2	2	10						
	3	2	10						
	4	2	10						
1-Arm Shoulder Press with Backpack	1	1	12/side						
	2	2	12/side						
	3	2	12/side						
	4	2	12/side						
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Push-Up Plank	1	1	5 breaths						
	2	2	5 breaths						
	3	2	5 breaths						
	4	2	5 breaths						
Split Squat Holding Backpack	1	1	5/side						
	2	2	5/side						
	3	2	5/side						
	4	2	5/side						
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Abs—Reverse Crunches	1	1	AMRAP						
	2	2	AMRAP						
	3	2	AMRAP						
	4	3	AMRAP						
Biceps—Curls with backpack	1	1	AMRAP						
	2	2	AMRAP						

