



5- Day Challenge (Dumbbell Only)

Name: _____

Your Why: _____

Day 1 Full Body	Notes	
Pre-Work Out Warm up: (check off) Foam Roll Hams, Quads, TFL, Back		
DB Deadlift (5-6 Reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 60 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
DB Squat (8-10 Reps)	Tempo: 3 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Warm up set 3		
Working Set 1		
Working Set 2		
Working Set 3		
Shallow Incline DB Press (8-10 reps)	Tempo: 2 second negative + 1 Second pause at the bottom in the hole	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Dumbbell Chest Supported Row (8-10 Reps)	Tempo: 1 second isometric (Squeeze) + 2 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
DB Overhead Extensions (12-15 Reps)	Tempo: 1 second isometric (Squeeze) + 2 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Post Workout Stretching: Quads, Hamstrings, Hips		
Body Weight (am):		



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Day 2 (10-15 minutes core)	Notes	
Planks		
Rest Periods: 30-60 Seconds	Time	
Working Set 1		
Working Set 2		
Working Set 3		
V-Up Sit Ups 12-15 Reps		
Rest Periods: 30-60 Seconds	Reps	
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Glute Bridge 12-15 Reps Tempo: 3 second Hold At The Top		
Rest Periods: 30-60 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Warm up set 3		
Working Set 1		
Working Set 2		
Working Set 3		
Active Recovery Cardio:	20 min Low Intensity Steady state	Fast paced walk 3-4mph on treadmill, outside, bike, elliptical,etc
Body Weight (am):		



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Day 3 Full Body	Notes	
Pre-Work Out Warm up: <i>(check off)</i> Foam Roll Hams, Quads, TFL, Back		
Walking Lunges (10 strides per leg)	Tempo: Smooth & Controlled	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Working Set 1		
Working Set 2		
Working Set 3		
DB Glute Bridge (8-10 Reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Flat DB Press (6-8 reps)	Tempo: 2 second negative + 1 Second pause at the bottom	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Dumbbell Row (8-10 Reps)	Tempo: 1 second isometric (Squeeze) + 2 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Seated Dumbbell Curls (8-10 Reps)	Tempo: 1 second isometric (Squeeze) + 2 second negative	
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Post Workout Stretching: Quads, Hamstrings, Hips		
Body Weight (am):		



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Day 4 (10-15 minutes core)	Notes	
Planks		
Rest Periods: 30-60 Seconds	Time	
Working Set 1		
Working Set 2		
Working Set 3		
V-Up Sit Ups 12-15 Reps		
Rest Periods: 30-60 Seconds	Reps	
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Glute Bridge 12-15 Reps Tempo: 3 second Hold At The Top		
Rest Periods: 30-60 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Warm up set 3		
Working Set 1		
Working Set 2		
Working Set 3		
Active Recovery Cardio:	20 min Low Intensity Steady state	Fast paced walk 3-4mph on treadmill, outside, bike, elliptical,etc
Body Weight (am):		



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Day 5 Full Body	Notes	
Pre-Work Out Warm up: <i>(check off)</i> Foam Roll Hams, Quads, TFL, Back		
Dumbbell Box Squat (6-8 Reps) Tempo: 2 second negative		
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Warm up set 3		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Dumbbell Fly (12-15 reps) Tempo: 1 second isometric (squeeze) + 2 second negative		
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Seated DB Shoulder Press (8-10 Reps) Tempo: 1 second isometric (squeeze) + 2 second negative		
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Standing Two Hand DB Row (8-10 Reps) Tempo: 1 second isometric (squeeze) + 2 second negative		
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Seated DB Rear Delt Flys (12-15 Reps) Tempo: 3 second isometric (Squeeze) + 2 second negative		
Rest Periods: 60-90 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Post Workout Stretching: Quads, Hamstrings, Hips		
Body Weight (am):		