



5- Day Challenge (GYM)

Name: _____

Your Why: _____

Day 1 Quads / Hams / Glutes	Notes	
Pre-Work Out Warm up: (check off) Foam Roll Hams, Quads, IT Bands, Back		
Lying Hamstring Curls (8-10 Reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Plate Loaded Leg Press (8-10 Reps)	Tempo: 3 second negative	
Rest Periods: 30-45 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		
		*Keep adding weight until you can't get 8 reps
Barbell Back Squat (6-8 Reps)	Tempo: 2 second negative + 1 Second pause at the bottom in the hole	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Walking Lunges (10 strides per leg)	Tempo: Smooth and controlled	
Rest Periods: 30-45 Seconds	REPS X WT.	
Working Set 1		
Working Set 2		
Working Set 3		
BB Glute Bridge (8-10 Reps)	Tempo: 1 second isometric (Squeeze) + 2 second negative	
Rest Periods: 30-45 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 At Home (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 Push	Notes	
Pre-Work Out Warm up: (check off) Banded External Rotation		
Pec Deck Fly (12-15 reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Shallow Incline DB Press (8-10 reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 30-45 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		
Flat Bench Press (6-8 reps)	Tempo: 2 second negative + 1 Second pause at the bottom	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
Rope Press Down (12-15 Reps)	Tempo: Smooth and controlled	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Working Set 4		
		*on working set 4 do your reps, rest 15 seconds, and then squeeze out as many more reps as possible in good form
Seated DB Lateral Raises (12-15 Reps)	Tempo: Smooth and controlled	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Post Workout Stretching: Chest		
Body Weight (am):		



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Day 4 At Home (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 Pull	Notes	
Pre-Work Out Warm up: (check off) Foam Roll Hams, Quads, IT, Back		
WG Lat Pull Down (8-10 Reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 30-45 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		
T-Bar Row (6-8 Reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 30-45 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		
Wide Grip Low Cable Row (8-10 Reps)	Tempo: 1 second isometric (squeeze) + 2 second negative	
Rest Periods: 30-45 Seconds	REPS X WT.	
Feeler Set 1		
Working Set 1		
Working Set 2		
Working Set 3		
Trap Bar Deadlift (6-8 Reps)	Tempo: Controlled	
Rest Periods: 30-45 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		
Reverse Dumbbell Flys (8-10 Reps)	Tempo: 3 second isometric (Squeeze) + 2 second negative	
Rest Periods: 30-45 Seconds	REPS X WT.	
Warm up set 1		
Warm up set 2		
Working Set 1		
Working Set 2		
Working Set 3		
Dumbbell Curl (8-10 Reps)	Tempo: 3 second isometric (Squeeze) + 2 second negative	
Rest Periods: 30-45 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: hang from pullup bar 30sec x2-3		
Body Weight (am):		

*on working set 4 do your reps, rest 15 seconds, and then squeeze out as many more reps as possible in good form