



PUMP // 8 WEEKS // Get After It!

Upper Body/Core 2-3 x per week

MAIN EXERCISE	SETS, REPS, TIMES	REPEAT	VARIATIONS	INCREASE
Overhead Pull	3 sets x 30 reps	3 sets x 30 reps	3 x 10 (plyometric)	3 x 20
Curl	3 x 30	3 x 30	3 x 10 (plyometric)	3 x 20
Overhead Extension	3 x 30	3 x 30	3 x 10 (plyometric)	3 x 20
Hang Tuck	10-30sec x 3 sets	10-30 sec x 3 sets	3 x 10 (plyometric)	1 min x 3 sets

Upper Body/Core 3-4 x per week

Pushups	3 sets x 10 reps	3 sets x 10 reps	Foam Roll	3 x 10
Hollow Holds	10-30 sec x 3 sets	10-30 sec x 3 sets	Tricep Armpit	30 sec x 3 sets
Rows	3 x 10	3 x 12	Lat	3 x 15
Crawls	10 steps fwd/back x 3	10 steps fwd/back x 3	Quads	15 fwd/back x 3

Lower Body/Core 2x per week

Glute Bridges	3 sets x 20 reps	3 sets x 20 reps	3 x 10 one leg	3 x 15
Hops	10-30 sec x 3 sets	15-30 sec x 3 sets	30 sec x 3 sets one leg	30 sec x 3
Squats	20, 15, 10, 10, 10, 15, 20	5 x 10	5 x 5 one leg	5 x 10
Carries	30 sec- 1 min x 3 sets	1 min x 3	45 sec x 3 sets one arm	1 min x 3

Full Body 2x per week

Deadlifts	3 sets x 10 reps	4 x 10	Inchworms	4 x 10
Finger Pushups	10-30 sec x 3 sets	4 x 20	Reverse Bridge	4 x 20
Supermans	3 x 10	30 sec x 3	Hollow Rock	30 sec x 3 sets
Roll Ups	10 steps fwd/back x 3	3 x 10	Serpent Raises	4 x 10