

WORKOUT A: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Hip Thrusts	3	10	2 min.	1	10		2	10		3	10		—	—	—
A2. Frog Pumps (DB or BW)	3	12		1	12		2	12		3	12		—	—	—
B1. Barbell or Dumbbell Box Squats	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
B2. Walking Lunges (DB or BW)	3	12		1	12		2	12		3	12		—	—	—
C1. Wide-Stance Goblet Squats	3	15	2 min.	1	15		2	15		3	15		—	—	—
C2. Feet-Elevated Hip Thrusts	3	20		1	20		2	20		3	20		—	—	—
D1. Floor Crunches	3	15	1 min.	1	15		2	15		3	15		—	—	—
D2. Leg Raises	3	15		1	15		2	15		3	15		—	—	—
Supermans (BW)	3	12-15	30 sec.	1	12		2	12		3	15		—	—	—
E1. Med. Ball or Cable Russian Twists	3	15	1 min.	1	15		2	15		3	15		—	—	—
E2. Rom. Chair or Hanging Leg Raises	3	12-15		1	12		2	12		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Box Squats, Walking Lunges, and Supermans. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell One-Arm Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
A2. Seated Dumbbell Presses	3	12		1	12		2	12		3	12		—	—	—
B1. Inverted Rows (w/ Bar)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Assisted Pull-Ups or Lat Pull-Down	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Front Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
D1. Hyperextensions (DB or BW)	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
D2. Upright Rows (DB or Rope)	3	12, 15, 15		1	12		2	15		3	15		—	—	—
Rope Face Pulls	3	12, 15, 15	1 min.	1	12		2	15		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Front Dumbbell Raises, Hyperextensions, and Face Pulls. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT C: Chest, Arms & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell or Barbell Bench Press	3	10, 12, 12	1 min.	1	10		2	12		3	12		—	—	—
Incline Dumbbell Fly	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
A1. Alternate Bicep Curls	3	12, 15, 15	2 min.	1	12		2	15		3	15		—	—	—
A2. Dumbbell Triceps Kickback	3	12		1	12		2	12		3	12		—	—	—
B1. Barbell Curls	3	12	2 min.	1	12		2	12		3	12		—	—	—
B2. Barbell or DB Skull Crushers	3	12		1	12		2	12		3	12		—	—	—
C1. DB or Rope Hammer Curls	3	15	2 min.	1	15		2	15		3	20		—	—	—
C2. Rope Pushdowns	3	15		1	15		2	15		3	15		—	—	—
D1. Feet Elevated Hip Thrusts (Band)	4	20-25	1 min.	1	20		2	20		3	25		4	25	
D2. Single-Leg Glute Bridge	4	15-20		1	15		2	15		3	20		4	20	
E1. Straight-Leg Pull-Through	3	15-20	2 min.	1	15		2	15		3	20		—	—	—
E2. 45-Degree Hyperextensions	3	15-20		1	15		2	15		3	20		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Bench Press, Hammer Curls, and Rope Pushdowns. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT D: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
DB or Barbell Deadlifts	3	8, 10, 10	2 min.	1	8		2	10		3	10		—	—	—
A1. Cable Kickbacks	4	12-15	2 min.	1	12		2	12		3	15		4	15	
A2. Seated Band Abductions	4	12-15		1	12		2	12		3	15		4	15	
B1. (Band) Glute/Ham Raises	3	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. (Band) DB or Barbell Hip Thrusts	3	15-20		1	15		2	15		3	20		4	20	
C1. Bulgarian Squats (BW or DB)	3	10-12	2 min.	1	10		2	10		3	12		—	—	—
C2. Box Jumps or Jump Squats	3	12-15		1	12		2	12		3	15		—	—	—
Wide-Stance Squats (DB or Barbell)	4	12-15	1 min.	1	12		2	12		3	15		4	15	
D1. Ab Scissors	4	15-20	1 min.	1	15		2	15		3	20		4	20	
D2. Reverse Crunches	4	12-15		1	12		2	12		3	15		4	15	
V-Sit Ups	3	10-12	30 sec.	1	10		2	10		3	12		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Box Jumps/Jump Squats, Leg Press/Leg Extensions, and V-Sit Ups. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

THE TRIBE METHOD - FEBRUARY 2019

WEEK 1: DAY 5

WORKOUT E: Shoulders/Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Seated Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
A2. Standing One-Arm Shoulder Press	3	12		1	12		2	12		3	12		—	—	—
B1. Lat Pull-Down (Chin Up)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Barbell Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Front Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
D1. Hyperextensions (BW or Weighted)	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
D2. Upright Rows (DB or Rope)	3	12, 15, 15		1	12		2	15		3	15		—	—	—
Rope Face Pulls	3	12, 15, 15	30 sec.	1	12		2	15		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Front Dumbbell Raises, Hyperextensions, and Rope Face Pulls. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT A: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Hip Thrusts	3	10	2 min.	1	10		2	10		3	10		—	—	—
A2. Frog Pumps (DB or BW)	3	12		1	12		2	12		3	12		—	—	—
B1. Barbell or Dumbbell Box Squats	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
B2. Walking Lunges (DB or BW)	3	12		1	12		2	12		3	12		—	—	—
C1. Wide-Stance Goblet Squats	3	15	2 min.	1	15		2	15		3	15		—	—	—
C2. Feet-Elevated Hip Thrusts	3	20		1	20		2	20		3	20		—	—	—
D1. Floor Crunches	3	15	1 min.	1	15		2	15		3	15		—	—	—
D2. Leg Raises	3	15		1	15		2	15		3	15		—	—	—
Supermans (BW)	3	12-15	30 sec.	1	12		2	12		3	15		—	—	—
E1. Med. Ball or Cable Russian Twists	3	15	1 min.	1	15		2	15		3	15		—	—	—
E2. Rom. Chair or Hanging Leg Raises	3	12-15		1	12		2	12		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Box Squats, Walking Lunges, and Supermans. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell One-Arm Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
A2. Seated Dumbbell Presses	3	12		1	12		2	12		3	12		—	—	—
B1. Inverted Rows (w/ Bar)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Assisted Pull-Ups or Lat Pull-Down	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Front Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
D1. Hyperextensions (DB or BW)	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
D2. Upright Rows (DB or Rope)	3	12, 15, 15		1	12		2	15		3	15		—	—	—
Rope Face Pulls	3	12, 15, 15	1 min.	1	12		2	15		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Front Dumbbell Raises, Hyperextensions, and Face Pulls. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT C: Chest, Arms & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell or Barbell Bench Press	3	10, 12, 12	1 min.	1	10		2	12		3	12		—	—	—
Incline Dumbbell Fly	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
A1. Alternate Bicep Curls	3	12, 15, 15	2 min.	1	12		2	15		3	15		—	—	—
A2. Dumbbell Triceps Kickback	3	12		1	12		2	12		3	12		—	—	—
B1. Barbell Curls	3	12	2 min.	1	12		2	12		3	12		—	—	—
B2. Barbell or DB Skull Crushers	3	12		1	12		2	12		3	12		—	—	—
C1. DB or Rope Hammer Curls	3	15	2 min.	1	15		2	15		3	20		—	—	—
C2. Rope Pushdowns	3	15		1	15		2	15		3	15		—	—	—
D1. Feet Elevated Hip Thrusts (Band)	4	20-25	1 min.	1	20		2	20		3	25		4	25	
D2. Single-Leg Glute Bridge	4	15-20		1	15		2	15		3	20		4	20	
E1. Straight-Leg Pull-Through	3	15-20	2 min.	1	15		2	15		3	20		—	—	—
E2. 45-Degree Hyperextensions	3	15-20		1	15		2	15		3	20		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Bench Press, Hammer Curls, and Rope Pushdowns. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT D: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
DB or Barbell Deadlifts	3	8, 10, 10	2 min.	1	8		2	10		3	10		—	—	—
A1. Cable Kickbacks	4	12-15	2 min.	1	12		2	12		3	15		4	15	
A2. Seated Band Abductions	4	12-15		1	12		2	12		3	15		4	15	
B1. (Band) Glute/Ham Raises	3	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. (Band) DB or Barbell Hip Thrusts	3	15-20		1	15		2	15		3	20		4	20	
C1. Bulgarian Squats (BW or DB)	3	10-12	2 min.	1	10		2	10		3	12		—	—	—
C2. Box Jumps or Jump Squats	3	12-15		1	12		2	12		3	15		—	—	—
Wide-Stance Squats (DB or Barbell)	4	12-15	1 min.	1	12		2	12		3	15		4	15	
D1. Ab Scissors	4	15-20	1 min.	1	15		2	15		3	20		4	20	
D2. Reverse Crunches	4	12-15		1	12		2	12		3	15		4	15	
V-Sit Ups	3	10-12	30 sec.	1	10		2	10		3	12		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Box Jumps/Jump Squats, Leg Press/Leg Extensions, and V-Sit Ups. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

THE TRIBE METHOD - FEBRUARY 2019

WEEK 2: DAY 5

WORKOUT E: Shoulders/Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Seated Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
A2. Standing One-Arm Shoulder Press	3	12		1	12		2	12		3	12		—	—	—
B1. Lat Pull-Down (Chin Up)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Barbell Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Front Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
D1. Hyperextensions (BW or Weighted)	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
D2. Upright Rows (DB or Rope)	3	12, 15, 15		1	12		2	15		3	15		—	—	—
Rope Face Pulls	3	12, 15, 15	30 sec.	1	12		2	15		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Front Dumbbell Raises, Hyperextensions, and Rope Face Pulls. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT A: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Hip Thrusts	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. Single-Leg Glute Bridge	4	12		1	12		2	12		3	12		4	12	
B1. Barbell or Dumbbell Box Squats	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
B2. Walking Lunges (DB or BW)	3	12		1	12		2	12		3	12		—	—	—
C1. Wide-Stance Goblet Squats	4	15	2 min.	1	15		2	15		3	15		4	15	
C2. Feet-Elevated Hip Thrusts	4	20		1	20		2	20		3	20		4	20	
D1. Arms-High Partial Sit Ups	4	15	1 min.	1	15		2	15		3	15		4	15	
D2. Flutter Kicks	4	15		1	15		2	15		3	15		4	15	
Medicine Ball - Mountain Climbers	4	12-15	30 sec.	1	12		2	12		3	15		4	15	
E1. Med. Ball or Cable Russian Twists	3	15	1 min.	1	15		2	15		3	15		—	—	—
E2. Rom. Chair or Hanging Leg Raises	3	12-15		1	12		2	12		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Romanian Deadlifts, Medicine Ball — Mountain Climbers, and Walking Lunges. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell One-Arm Rows	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Seated Dumbbell Presses	4	12		1	12		2	12		3	12		4	12	
B1. Inverted Rows (w/ Bar)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Assisted Pull-Ups or Lat Pull-Down	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
C2. Front Dumbbell Raises	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
D1. Hyperextensions (DB or BW)	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
D2. Upright Rows (DB or Rope)	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
Rope Face Pulls	4	12, 12, 15, 15	1 min.	1	12		2	12		3	15		4	15	

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Lateral Dumbbell Raises, Hyperextensions, and Upright Rows. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT C: Chest, Arms & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell or Barbell Bench Press	4	10, 10, 12, 12	1 min.	1	10		2	10		3	12		4	12	
Incline Dumbbell Fly	4	12, 12, 15, 15	1 min.	1	12		2	12		3	15		4	15	
A1. Alternate Bicep Curls	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	12	
A2. Dumbbell Triceps Kickback	4	12		1	12		2	12		3	12		4	12	
B1. Barbell Curls	3	12	2 min.	1	12		2	12		3	12		—	—	—
B2. Barbell or DB Skull Crushers	3	12		1	12		2	12		3	12		—	—	—
C1. DB or Rope Hammer Curls	4	15	2 min.	1	15		2	15		3	20		4	15	
C2. Rope Pushdowns	4	15		1	15		2	15		3	15		4	15	
D1. Feet Elevated Hip Thrusts (Band)	4	20-25	1 min.	1	20		2	20		3	25		4	25	
D2. Single-Leg Glute Bridge	4	15-20		1	15		2	15		3	20		4	20	
E1. Straight-Leg Pull-Through	4	15-20	2 min.	1	15		2	15		3	20		4	20	
E2. 45-Degree Hyperextensions	4	15-20		1	15		2	15		3	20		4	20	

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Incline Dumbbell Fly, Barbell Curls, and Skull Crushers. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT D: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
DB or Barbell Deadlifts	3	8, 10, 10	2 min.	1	8		2	10		3	10		—	—	—
A1. Cable Kickbacks	4	12-15	2 min.	1	12		2	12		3	15		4	15	
A2. Seated Band Abductions	4	12-15		1	12		2	12		3	15		4	15	
B1. (Band) Glute/Ham Raises	4	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. (Band) DB or Barbell Hip Thrusts	4	15-20		1	15		2	15		3	20		4	20	
C1. Bulgarian Squats (BW or DB)	4	10-12	2 min.	1	10		2	10		3	12		4	12	
C2. Box Jumps or Jump Squats	4	12-15		1	12		2	12		3	15		4	15	
Wide-Stance Squats (DB or Barbell)	4	12-15	1 min.	1	12		2	12		3	15		4	15	
D1. Swiss Ball V-Up & Pass	4	15-20	1 min.	1	15		2	15		3	20		4	20	
D2. Medicine Ball Seated Knee Tucks	4	12-15		1	12		2	12		3	15		4	15	
E1. Swiss-Ball Pike	4	10-12	1 min.	1	10		2	10		3	12		4	12	
E2. Star Plank	4	30-60 sec		1			2			3			4		

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Bulgarian Squats, Wide Stance Squats, and Star Planks. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

THE TRIBE METHOD - FEBRUARY 2019

WEEK 3: DAY 5

WORKOUT E: Shoulders/Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Seated Rows	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Standing One-Arm Shoulder Press	4	12		1	12		2	12		3	12		4	12	
B1. Lat Pull-Down (Chin Up)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Barbell Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Front Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
D1. Hyperextensions (BW or Weighted)	4	12, 12, 15, 15	1 min.	1	12		2	12		3	15		4	15	
D2. Upright Rows (DB or Rope)	4	12, 15, 15, 15		1	12		2	15		3	15		4	15	
Rope Face Pulls	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Front Dumbbell Raises, Hyperextensions, and Rope Face Pulls. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT A: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Hip Thrusts	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. Single-Leg Glute Bridge	4	12		1	12		2	12		3	12		4	12	
B1. Barbell or Dumbbell Box Squats	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
B2. Walking Lunges (DB or BW)	3	12		1	12		2	12		3	12		—	—	—
C1. Wide-Stance Goblet Squats	4	15	2 min.	1	15		2	15		3	15		4	15	
C2. Feet-Elevated Hip Thrusts	4	20		1	20		2	20		3	20		4	20	
D1. Arms-High Partial Sit Ups	4	15	1 min.	1	15		2	15		3	15		4	15	
D2. Flutter Kicks	4	15		1	15		2	15		3	15		4	15	
Medicine Ball - Mountain Climbers	4	12-15	30 sec.	1	12		2	12		3	15		4	15	
E1. Med. Ball or Cable Russian Twists	3	15	1 min.	1	15		2	15		3	15		—	—	—
E2. Rom. Chair or Hanging Leg Raises	3	12-15		1	12		2	12		3	15		—	—	—

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Romanian Deadlifts, Medicine Ball — Mountain Climbers, and Walking Lunges. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell One-Arm Rows	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Seated Dumbbell Presses	4	12		1	12		2	12		3	12		4	12	
B1. Inverted Rows (w/ Bar)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Assisted Pull-Ups or Lat Pull-Down	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
C2. Front Dumbbell Raises	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
D1. Hyperextensions (DB or BW)	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
D2. Upright Rows (DB or Rope)	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
Rope Face Pulls	4	12, 12, 15, 15	1 min.	1	12		2	12		3	15		4	15	

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Lateral Dumbbell Raises, Hyperextensions, and Upright Rows. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT C: Chest, Arms & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell or Barbell Bench Press	4	10, 10, 12, 12	1 min.	1	10		2	10		3	12		4	12	
Incline Dumbbell Fly	4	12, 12, 15, 15	1 min.	1	12		2	12		3	15		4	15	
A1. Alternate Bicep Curls	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	12	
A2. Dumbbell Triceps Kickback	4	12		1	12		2	12		3	12		4	12	
B1. Barbell Curls	3	12	2 min.	1	12		2	12		3	12		—	—	—
B2. Barbell or DB Skull Crushers	3	12		1	12		2	12		3	12		—	—	—
C1. DB or Rope Hammer Curls	4	15	2 min.	1	15		2	15		3	20		4	15	
C2. Rope Pushdowns	4	15		1	15		2	15		3	15		4	15	
D1. Feet Elevated Hip Thrusts (Band)	4	20-25	1 min.	1	20		2	20		3	25		4	25	
D2. Single-Leg Glute Bridge	4	15-20		1	15		2	15		3	20		4	20	
E1. Straight-Leg Pull-Through	4	15-20	2 min.	1	15		2	15		3	20		4	20	
E2. 45-Degree Hyperextensions	4	15-20		1	15		2	15		3	20		4	20	

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Incline Dumbbell Fly, Barbell Curls, and Skull Crushers. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

WORKOUT D: Abs, Thighs & Glutes

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
DB or Barbell Deadlifts	3	8, 10, 10	2 min.	1	8		2	10		3	10		—	—	—
A1. Cable Kickbacks	4	12-15	2 min.	1	12		2	12		3	15		4	15	
A2. Seated Band Abductions	4	12-15		1	12		2	12		3	15		4	15	
B1. (Band) Glute/Ham Raises	4	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. (Band) DB or Barbell Hip Thrusts	4	15-20		1	15		2	15		3	20		4	20	
C1. Bulgarian Squats (BW or DB)	4	10-12	2 min.	1	10		2	10		3	12		4	12	
C2. Box Jumps or Jump Squats	4	12-15		1	12		2	12		3	15		4	15	
Wide-Stance Squats (DB or Barbell)	4	12-15	1 min.	1	12		2	12		3	15		4	15	
D1. Swiss Ball V-Up & Pass	4	15-20	1 min.	1	15		2	15		3	20		4	20	
D2. Medicine Ball Seated Knee Tucks	4	12-15		1	12		2	12		3	15		4	15	
E1. Swiss-Ball Pike	4	10-12	1 min.	1	10		2	10		3	12		4	12	
E2. Star Plank	4	30-60 sec		1			2			3			4		

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice.

** If you're short on time, remove Bulgarian Squats, Wide Stance Squats, and Star Planks. Make sure to pair two exercises for super-sets to cut the length of workouts in half.

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WEEK 3: DAY 5

WORKOUT E: Shoulders/Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Seated Rows	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Standing One-Arm Shoulder Press	4	12		1	12		2	12		3	12		4	12	
B1. Lat Pull-Down (Chin Up)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
C1. Barbell Rows	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Front Dumbbell Raises	3	12, 15, 15		1	12		2	15		3	15		—	—	—
D1. Hyperextensions (BW or Weighted)	4	12, 12, 15, 15	1 min.	1	12		2	12		3	15		4	15	
D2. Upright Rows (DB or Rope)	4	12, 15, 15, 15		1	12		2	15		3	15		4	15	
Rope Face Pulls	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	

* Cool down: 5-10 minutes on a cardiovascular equipment of your choice or perform a cardiovascular session (HIIT — 15 minutes or LISS 30-45 minutes).

** If you're short on time, remove Front Dumbbell Raises, Hyperextensions, and Rope Face Pulls. Make sure to pair two exercises for super-sets to cut the length of workouts in half.