

WORKOUT A: Glutes, Quadriceps & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Squats (Band)	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	10	
A2. Floor Hip Thrusts (Band)		15, 15, 20, 20		I	15		2	15		3	20		4	20	
B1. Barbell Hip Thrusts (Band)	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. Walking Lunges (Dumbbells)		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. Leg Press (Band)	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
C2. Dumbbell Step-Ups		8, 10, 12		I	8		2	10		3	12		—	—	—
D1. Jump Rope	3	30-45 sec.	2 min.	I			2			3			—	—	—
D2. Standing Calf Raises (Smith Machine)		15, 15, 20		I	15		2	15		3	20		—	—	—
Seated Calf Raises	3	12, 12, 15	1 min.	I	12		2	12		3	15		—	—	—

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Rows (Reverse Grip)	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
A2. Lateral Dumbbell Raises		10, 12, 12		I	10		2	12		3	12		—	—	—
B1. Lat Pull-Down (Chin-Up)	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
B2. Bent-Over Dumbbell Fly		10, 12, 15		I	10		2	12		3	15		—	—	—
C1. Front Deltoid Raises (Weight Plate)	3	12, 15, 15	2 min.	I	12		2	15		3	15		—	—	—
C2. Rope Face Pulls		12, 12, 15		I	12		2	12		3	15		—	—	—
D1. Straight-Arm Lat Pull-Down	3	12, 12, 12	2 min.	I	12		2	12		3	12		—	—	—
D2. Supermans		15, 15, 15		I	15		2	15		3	15		—	—	—

WORKOUT C: Glutes & Arms

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Feet-Elevated Hip Thrusts (Band)	3	15, 20, 20	2 min.	1	15		2	20		3	20		—	—	—
A2. Frog Pumps (Band)		15, 15, 20		1	15		2	15		3	20		—	—	—
B1. Hammer Dumbbell Curls	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
B2. Dumbbell Triceps Kickback		10, 10, 12		1	10		2	10		3	12		—	—	—
C1. Dumbbell Romanian Deadlifts	3	10, 10, 12	2 min.	1	10		2	10		3	12		—	—	—
C2. Bent-Leg Reverse Extensions		12, 12, 15		1	12		2	12		3	15		—	—	—
D1. Barbell Curls	3	12, 12, 12	2 min.	1	12		2	12		3	12		—	—	—
D2. Dumbbell Skull Crushers		12, 12, 12		1	12		2	12		3	12		—	—	—
E1. Rope Curls	3	15, 15, 15	2 min.	1	15		2	15		3	15		—	—	—
E2. Rope Push Downs		15, 15, 15		1	15		2	15		3	15		—	—	—

WORKOUT D: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Wide-Stance Goblet Squats	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
A2. Single-Legged Romanian Deadlifts		12, 12, 12		1	12		2	12		3	12		—	—	—
B1. Seated Hip Abductions (Band)	3	15, 15, 15	2 min.	1	15		2	15		3	15		—	—	—
B2. Hip Thrusts (Band)		15, 20, 20		1	15		2	20		3	20		—	—	—
C1. Cable Kickbacks	3	15, 15, 15	2 min.	1	15		2	15		3	15		—	—	—
C2. Jump Squats		20, 20, 20		1	20		2	20		3	20		—	—	—
D1. Straight-Leg Pull Throughs	3	15, 15, 15	2 min.	1	15		2	15		3	15		—	—	—
D2. Walking Lunges (Band/Bodyweight)		20, 20, 20		1	20		2	20		3	20		—	—	—
Seated Calf Raises	3	12, 12, 12	1 min.	1	12		2	12		3	12		—	—	—

WORKOUT E: Shoulders & Back (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Incline)	3	12, 12, 12	2 min.	1	12		2	12		3	12		—	—	—
A2. Standing One-Arm Shoulder Press		10, 12, 12		1	10		2	12		3	12		—	—	—
B1. Chest Dumbbell Fly (Bench)	3	12, 12, 12	2 min.	1	12		2	12		3	15		—	—	—
B2. Bent-Over Dumbbell Fly		15, 15, 15		1	10		2	10		3	12		—	—	—
C1. Bench Push-Ups	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
C2. Lateral Dumbbell Raises		12, 12, 12		1	12		2	12		3	12		—	—	—
Rope Face Pulls	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
Cable Crossovers	3	12, 15, 15	1 min.	1	12		2	15		3	15		—	—	—

WORKOUT A: Glutes, Quadriceps & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Squats (Band)	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	10	
A2. Floor Hip Thrusts (Band)		15, 15, 20, 20		I	15		2	15		3	20		4	20	
B1. Barbell Hip Thrusts (Band)	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
B2. Walking Lunges (Dumbbells)		10, 12, 12		I	10		2	12		3	12		—	—	—
C1. Leg Press (Band)	3	10, 12, 12	2 min.	I	10		2	12		3	12		—	—	—
C2. Dumbbell Step-Ups		8, 10, 12		I	8		2	10		3	12		—	—	—
D1. Jump Rope	3	30-45 sec.	2 min.	I			2			3			—	—	—
D2. Standing Calf Raises (Smith Machine)		15, 15, 20		I	15		2	15		3	20		—	—	—
Seated Calf Raises	3	12, 12, 15	1 min.	I	12		2	12		3	15		—	—	—

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Rows (Reverse Grip)	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
A2. Lateral Dumbbell Raises		10, 12, 12		I	10		2	12		3	12		—	—	—
B1. Lat Pull-Down (Chin-Up)	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
B2. Bent-Over Dumbbell Fly		10, 12, 15		I	10		2	12		3	15		—	—	—
C1. Front Deltoid Raises (Weight Plate)	3	12, 15, 15	2 min.	I	12		2	15		3	15		—	—	—
C2. Rope Face Pulls		12, 12, 15		I	12		2	12		3	15		—	—	—
D1. Straight-Arm Lat Pull-Down	3	12, 12, 12	2 min.	I	12		2	12		3	12		—	—	—
D2. Supermans		15, 15, 15		I	15		2	15		3	15		—	—	—

WORKOUT C: Glutes & Arms

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Feet-Elevated Hip Thrusts (Band)	3	15, 20, 20	2 min.	I	15		2	20		3	20		—	—	—
A2. Frog Pumps (Band)		15, 15, 20		I	15		2	15		3	20		—	—	—
B1. Hammer Dumbbell Curls	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
B2. Dumbbell Triceps Kickback		10, 10, 12		I	10		2	10		3	12		—	—	—
C1. Dumbbell Romanian Deadlifts	3	10, 10, 12	2 min.	I	10		2	10		3	12		—	—	—
C2. Bent-Leg Reverse Extensions		12, 12, 15		I	12		2	12		3	15		—	—	—
D1. Barbell Curls	3	12, 12, 12	2 min.	I	12		2	12		3	12		—	—	—
D2. Dumbbell Skull Crushers		12, 12, 12		I	12		2	12		3	12		—	—	—
E1. Rope Curls	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
E2. Rope Push Downs		15, 15, 15		I	15		2	15		3	15		—	—	—

WORKOUT D: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Wide-Stance Goblet Squats	3	12, 12, 15	2 min.	I	12		2	12		3	15		—	—	—
A2. Single-Legged Romanian Deadlifts		12, 12, 12		I	12		2	12		3	12		—	—	—
B1. Seated Hip Abductions (Band)	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
B2. Hip Thrusts (Band)		15, 20, 20		I	15		2	20		3	20		—	—	—
C1. Cable Kickbacks	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
C2. Jump Squats		20, 20, 20		I	20		2	20		3	20		—	—	—
D1. Straight-Leg Pull Throughs	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
D2. Walking Lunges (Band/Bodyweight)		20, 20, 20		I	20		2	20		3	20		—	—	—
Seated Calf Raises	3	12, 12, 12	1 min.	I	12		2	12		3	12		—	—	—

WORKOUT E: Shoulders & Back (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Incline)	3	12, 12, 12	2 min.	1	12		2	12		3	12		—	—	—
A2. Standing One-Arm Shoulder Press		10, 12, 12		1	10		2	12		3	12		—	—	—
B1. Chest Dumbbell Fly (Bench)	3	12, 12, 12	2 min.	1	12		2	12		3	15		—	—	—
B2. Bent-Over Dumbbell Fly		15, 15, 15		1	10		2	10		3	12		—	—	—
C1. Bench Push-Ups	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
C2. Lateral Dumbbell Raises		12, 12, 12		1	12		2	12		3	12		—	—	—
Rope Face Pulls	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
Cable Crossovers	3	12, 15, 15	1 min.	1	12		2	15		3	15		—	—	—

WORKOUT A: Glutes, Quadriceps & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Squats (Band)	4	12, 12, 12, 12	2 min.	I	12		2	12		3	12		4	12	
A2. Floor Hip Thrusts (Band)		20, 20, 25, 25		I	20		2	20		3	25		4	25	
B1. Barbell Hip Thrusts (Band)	3	12, 12, 12	2 min.	I	12		2	12		3	12		—	—	—
B2. Walking Lunges (Dumbbells)		12, 12, 12		I	12		2	12		3	12		—	—	—
C1. Leg Press (Band)	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
C2. Dumbbell Step-Ups	3	8, 10, 12		I	8		2	10		3	12		—	—	—
D1. Jump Rope	4	30-45 sec.	2 min.	I			2			3			—	—	—
D2. Standing Calf Raises (Smith Machine)		15, 15, 20, 20		I	15		2	15		3	20		4	20	
Seated Calf Raises	4	12, 12, 12, 12	1 min.	I	12		2	12		3	12		4	12	

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Rows (Reverse Grip)	4	10, 10, 12, 12	2 min.	I	10		2	10		3	12		4	12	
A2. Lateral Dumbbell Raises		10, 10, 12, 12		I	10		2	10		3	12		4	12	
B1. Lat Pull-Down (Chin-Up)	4	12, 12, 12, 12	2 min.	I	12		2	12		3	15		4	12	
B2. Bent-Over Dumbbell Fly		12, 12, 15, 15		I	12		2	12		3	15		4	15	
C1. Front Deltoid Raises (Weight Plate)	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
C2. Rope Face Pulls		15, 15, 15		I	15		2	15		3	15		—	—	—
D1. Straight-Arm Lat Pull-Down	4	12, 12, 12, 12	2 min.	I	12		2	12		3	12		4	12	
D2. Supermans		15, 15, 15, 15		I	15		2	15		3	15		4	15	

WORKOUT C: Glutes & Arms

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Feet-Elevated Hip Thrusts (Band)	4	15, 20, 20, 25	2 min.	I	15		2	20		3	20		4	25	
A2. Frog Pumps (Band)		15, 15, 20, 20		I	15		2	15		3	20		4	20	
B1. Hammer Dumbbell Curls	4	12, 12, 15, 15	2 min.	I	12		2	12		3	15		4	15	
B2. Dumbbell Triceps Kickback		10, 10, 12, 12		I	10		2	10		3	12		4	12	
C1. Dumbbell Romanian Deadlifts	4	12, 12, 12, 12	2 min.	I	12		2	12		3	12		4	12	
C2. Bent-Leg Reverse Extensions		12, 12, 12, 12		I	12		2	12		3	15		4	12	
D1. Barbell Curls	3	12, 12, 12	2 min.	I	12		2	12		3	12		—	—	—
D2. Dumbbell Skull Crushers		12, 12, 12		I	12		2	12		3	12		—	—	—
E1. Rope Curls	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
E2. Rope Push Downs		15, 15, 15, 15		I	15		2	15		3	15		4	15	

WORKOUT D: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Wide-Stance Goblet Squats	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
A2. Single-Legged Romanian Deadlifts		12, 12, 12, 12		I	12		2	12		3	12		4	12	
B1. Seated Hip Abductions (Band)	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
B2. Hip Thrusts (Band)		25, 25, 25, 25		I	25		2	25		3	25		4	25	
C1. Cable Kickbacks	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
C2. Jump Squats		20, 20, 20		I	20		2	20		3	20		—	—	—
D1. Straight-Leg Pull Throughs	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
D2. Walking Lunges (Band/Bodyweight)		20, 20, 20, 20		I	20		2	20		3	20		4	20	
Seated Calf Raises	3	12, 12, 12	1 min.	I	12		2	12		3	12		—	—	—

WORKOUT E: Shoulders & Back (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Incline)	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	
A2. Standing One-Arm Shoulder Press		12, 12, 12, 12		1	12		2	12		3	12		4	12	
B1. Chest Dumbbell Fly (Bench)	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	
B2. Bent-Over Dumbbell Fly		15, 15, 15, 15		1	15		2	15		3	15		4	15	
C1. Bench Push-Ups	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
C2. Lateral Dumbbell Raises		12, 12, 12		1	12		2	12		3	12		—	—	—
Rope Face Pulls	4	15, 15, 15, 15	1 min.	1	15		2	15		3	15		4	15	
Cable Crossovers	4	15, 15, 15, 15	1 min.	1	15		2	15		3	15		4	15	

WORKOUT A: Glutes, Quadriceps & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Squats (Band)	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	
A2. Floor Hip Thrusts (Band)		20, 20, 25, 25		1	20		2	20		3	25		4	25	
B1. Barbell Hip Thrusts (Band)	3	12, 12, 12	2 min.	1	12		2	12		3	12		—	—	—
B2. Walking Lunges (Dumbbells)		12, 12, 12		1	12		2	12		3	12		—	—	—
C1. Leg Press (Band)	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
C2. Dumbbell Step-Ups	3	8, 10, 12		1	8		2	10		3	12		—	—	—
D1. Jump Rope	4	30-45 sec.	2 min.	1			2			3			—	—	—
D2. Standing Calf Raises (Smith Machine)		15, 15, 20, 20		1	15		2	15		3	20		4	20	
Seated Calf Raises	4	12, 12, 12, 12	1 min.	1	12		2	12		3	12		4	12	

WORKOUT B: Shoulders & Back

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Barbell Rows (Reverse Grip)	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Lateral Dumbbell Raises		10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. Lat Pull-Down (Chin-Up)	4	12, 12, 12, 12	2 min.	1	12		2	12		3	15		4	12	
B2. Bent-Over Dumbbell Fly		12, 12, 15, 15		1	12		2	12		3	15		4	15	
C1. Front Deltoid Raises (Weight Plate)	3	15, 15, 15	2 min.	1	15		2	15		3	15		—	—	—
C2. Rope Face Pulls		15, 15, 15		1	15		2	15		3	15		—	—	—
D1. Straight-Arm Lat Pull-Down	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	
D2. Supermans		15, 15, 15, 15		1	15		2	15		3	15		4	15	

WORKOUT C: Glutes & Arms

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Feet-Elevated Hip Thrusts (Band)	4	15, 20, 20, 25	2 min.	I	15		2	20		3	20		4	25	
A2. Frog Pumps (Band)		15, 15, 20, 20		I	15		2	15		3	20		4	20	
B1. Hammer Dumbbell Curls	4	12, 12, 15, 15	2 min.	I	12		2	12		3	15		4	15	
B2. Dumbbell Triceps Kickback		10, 10, 12, 12		I	10		2	10		3	12		4	12	
C1. Dumbbell Romanian Deadlifts	4	12, 12, 12, 12	2 min.	I	12		2	12		3	12		4	12	
C2. Bent-Leg Reverse Extensions		12, 12, 12, 12		I	12		2	12		3	15		4	12	
D1. Barbell Curls	3	12, 12, 12	2 min.	I	12		2	12		3	12		—	—	—
D2. Dumbbell Skull Crushers		12, 12, 12		I	12		2	12		3	12		—	—	—
E1. Rope Curls	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
E2. Rope Push Downs		15, 15, 15, 15		I	15		2	15		3	15		4	15	

WORKOUT D: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Wide-Stance Goblet Squats	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
A2. Single-Legged Romanian Deadlifts		12, 12, 12, 12		I	12		2	12		3	12		4	12	
B1. Seated Hip Abductions (Band)	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
B2. Hip Thrusts (Band)		25, 25, 25, 25		I	25		2	25		3	25		4	25	
C1. Cable Kickbacks	3	15, 15, 15	2 min.	I	15		2	15		3	15		—	—	—
C2. Jump Squats		20, 20, 20		I	20		2	20		3	20		—	—	—
D1. Straight-Leg Pull Throughs	4	15, 15, 15, 15	2 min.	I	15		2	15		3	15		4	15	
D2. Walking Lunges (Band/Bodyweight)		20, 20, 20, 20		I	20		2	20		3	20		4	20	
Seated Calf Raises	3	12, 12, 12	1 min.	I	12		2	12		3	12		—	—	—

WORKOUT E: Shoulders & Back (Optional)

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Incline)	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	
A2. Standing One-Arm Shoulder Press		12, 12, 12, 12		1	12		2	12		3	12		4	12	
B1. Chest Dumbbell Fly (Bench)	4	12, 12, 12, 12	2 min.	1	12		2	12		3	12		4	12	
B2. Bent-Over Dumbbell Fly		15, 15, 15, 15		1	15		2	15		3	15		4	15	
C1. Bench Push-Ups	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
C2. Lateral Dumbbell Raises		12, 12, 12		1	12		2	12		3	12		—	—	—
Rope Face Pulls	4	15, 15, 15, 15	1 min.	1	15		2	15		3	15		4	15	
Cable Crossovers	4	15, 15, 15, 15	1 min.	1	15		2	15		3	15		4	15	