



## WORKOUT PLAN

### MONTH 12 - July / August 2019

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DAY 1	DAY 2	DAY 3
Back squat 3 x 5	Barbell hip thrust 3 x 5	Deadlift 3 x 3
Bench press 3 x 8	Military press 3 x 8	Close-grip bench press 3 x 8
Single-leg hip thrust 3 x 10	Goblet squat 3 x 12	Barbell glute bridge 3 x 12
Chin-up 3 x AMRAP	Inverted row 3 x AMRAP	Pull-up 3 x AMRAP
Romanian deadlift 3 x 10	Db 45-degree hyperextension 3 x 10	Front squat 3 x 10
Machine seated hip abduction 2 x 20	Cable standing hip abduction 3 x 10	Cable cuff hip external rotation 2 x 10
FREE 10 MINUTES	FREE 10 MINUTES	FREE 10 MINUTES

July-August Facebook password: **shark**



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GLUTE DAY 1 (Optional)	GLUTE DAY 2 (Optional)
3 ROUNDS	3 ROUNDS
RKC plank :20 seconds	Standing glute squeeze :10 seconds
Deficit reverse lunge 10 each leg	Squat pulse 30
Band standing hip abduction 20 each leg	Band hip hinge abduction 20
Band standing glute kickback 20 each leg	Band quadruped hip extension 20 each leg
Band seated hip abduction 30	Knee-banded fire hydrant 20 each leg
-----	Lateral band walk 20 each leg

Perform each glute day as a circuit for **3 rounds** –  
rest **90 seconds** between each round

**BE SURE TO DELOAD DURING WEEK 1.**

Detailed exercise demonstrations can be found in the  
Exercise Library.

This month is a **well-rounded** plan.



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### WORKOUT 1

**Back squat:** Choose which bar placement variation works best for you. Don't go so heavy that your form suffers. Keep your wrists as neutral as possible and try to avoid hyperextension. Place your feet around shoulder-width apart and slightly flared. Your femurs will track over your feet with your legs pointing in same direction as your feet as you come up. Keep your torso at a consistent angle. Avoid shooting out your hips on the way up.

**Bench press:** Find your optimal grip and line the bar with your nose/mouth area. At the start of the rep, lock out the arms, center and settle the bar, take a deep breath, and lower the bar to the chest. Your elbows should stay in front of the bar. You want leg drive throughout the movement (be on your toes, knees turned out, glutes turned on, chest up, low back is arched to spare your shoulders). On the way down, think of rowing your body to the bar - this helps you keep your chest up and use your lats. On the way up, think of pushing your body into the bench away from the bar.

**Single-leg hip thrust:** Center one leg in front of you. Tap the glutes to the ground, then fully extend the hips, hold for a brief pause and lower under control. Keep a forward eye gaze and your ribs tucked throughout the movement.

**Chin-up:** Do as many reps as possible. Starting from a dead hang, rise up and touch the top of your chest to the bar, then come down to a full stretch. Do not relax all your muscles at the bottom of the movement; keep tension in your shoulders.

**Romanian deadlift:** Start at the top and bring the barbell right below your knees before coming back up. You want to sit back as much as possible while keeping your shins vertical.

**Machine seated hip abduction:** Lean forward and hold onto the rails. Keep tension throughout the movement.



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### WORKOUT 2

**Barbell hip thrust:** Keep a forward eye gaze while keeping the chin tucked. Maintain a flat torso and make sure to reach full hip extension with a slight posterior pelvic tilt. Drive through the heels and don't let your knees cave in. You can either come down and touch the bar to the ground or reverse in midair, whichever you prefer. If you do reverse in midair, make sure you come down deep.

**Military press:** Start with a narrow grip on the bar. Keep elbows in, lean back slightly, and place the bar close to the suprasternal notch. Once the bar passes your head, push your head through and stand tall. Skim the face on the way up. While locking out, push the shoulders high.

**Goblet squat:** You will want to be in a neutral stance. Keep your elbows tucked because they need to go between the legs. Sit down (not back), let your knees drive forward and drop your hips straight down.

**Inverted row:** If possible, elevate your feet to increase difficulty. If it's difficult to maintain form or reach full range of motion, your feet can be planted on the floor. Regardless, keep your chest and hips up so that your entire body moves together as your arms pull you upward. If necessary, place a dumbbell on the floor to prevent your feet from sliding.

**Db 45-degree hyperextension:** With the feet straight, stay neutral, come up, and fire everything. Squeeze your hamstrings, glutes, and erectors. Keep the db close to your chin and the elbows tucked.

**Cable standing hip abduction:** Start with the cable in front of you with tension on your working leg. Begin in a full stretch towards the center of the body, and keep your foot internally rotated as you bring the leg out.



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### WORKOUT 3

**Deadlift:** Choose the pull that you want to build this month. This could be conventional, sumo, semi-sumo, etc. Check the exercise library for form instruction for the lift you'd like to perform. Ramp up the weight each set.

**Close-grip bench press:** To figure out your optimal grip, bring your hands in one hand space in from your normal bench press grip. Keep the elbows tucked. You'll feel it more in your triceps, front delts, and upper pec area. Make sure you come down all the way and touch your torso.

**Barbell glute bridge:** Use smaller plates rather than bumper plates if you can in order to increase range of motion. Otherwise, you can elevate your feet slightly. If you find yourself sliding back while you're performing the reps, reset your feet or have a training partner stand over you with their feet against your shoulders.

**Pull-up:** Perform with a pronated grip. Starting from a dead hang, rise up and touch the top of your chest to the bar, then come down to a full stretch. Do not relax all your muscles at the bottom of the movement; keep tension in your shoulders. Do as many reps as possible.

**Front squat:** Find which arm placement works best for you - the two-finger technique or the crossed-arm technique. You'll end up being a little more upright. Keep the low back flat; don't round over.

**Cable cuff hip external rotation:** Place the cuff (dip belt) just below your moving knee and get some slack in the cable column. The planted leg will be internally and externally throughout the movement. Bring the moving leg up and use focus on using the planted leg to twist your body. Try not to elevate the working leg to abduct – this is meant to be a pure external rotation exercise. Moving the cable up higher can help with avoiding this.



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### GLUTE DAY 1

**RKC plank:** Rest on your forearms and squeeze your glutes as hard as possible and hold it there. This isometric hold is training posterior pelvic tilt and end-range hip extension strength. It works the glutes along with the rectus abdominis and internal/external oblique.

**Deficit reverse lunge:** Start by standing on a 3-5" platform. Take a far step back, sink back deep, and lean forward. The back knee should almost touch the ground. To make this more quad-dominant, take a short stride back, and stay very upright while the knee travels very far forward. Sink into the back hip.

**Band standing hip abduction:** Use a mini-band around the top of your knees. Both legs are working during this movement (the working leg dynamically, the standing leg statically) so you will want to rest 30 seconds between each leg. Make sure you are bringing your working leg out as far as you can.

**Band standing glute kickback:** Stand on one foot and kick one leg back. As you kick back, flare out your foot to externally rotate and abduct the leg slightly. Squeeze the glutes at the top of the rep. If you want more range of motion, you can put the band up higher on your legs.

**Band seated hip abduction:** You can either have a wide stance and move to neutral or a shoulder-width stance and abduct more. Make sure you lean forward a lot to get a stretch in the glutes.



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### GLUTE DAY 2

**Standing glute squeeze:** Stand up straight and contract your glutes as hard as possible. You will want to posterior pelvic tilt to achieve this (imagine tucking your tailbone under). Hold this contraction for 10 seconds.

**Squat pulse:** You will want to be in a neutral stance. Sit down (not back), let your knees drive forward and drop your hips straight down pulse in the bottom 1/3 of ROM.

**Band hip hinge abduction:** Place the mini-band right above the knees. You will start slightly wider than shoulder-width stance with your feet straight ahead. Get into a hip hinge position (sit back and have your torso fall forward). Cave your knees in and drive them out while rolling to the lateral edges of your feet.

**Band quadruped hip extension:** Get in a quadruped position and pin the mini-band under the non-working knee. Keep the working leg bent at the knee and kick upward.

**Knee-banded fire hydrant:** Place a mini-band right above your knees. Center the non-working leg to allow for more stability through the movement. Bring your working leg up as high as you can (if your range of motion is very limited, you can place the mini-band higher up on your thighs).

**Lateral band walk:** Stay upright; do not squat through the movement. Think of pushing laterally off the ground with your leg, not reaching with the leg that's up in the air.