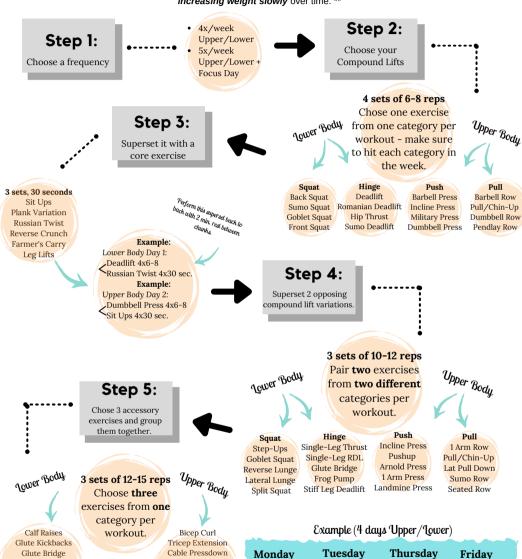


## **Build Your Own Program**



## Cheat Sheet!

\*\*Always start with warm-up and mobility. To ensure Progressive Overload, follow the program you build for 6-8 weeks, while increasing weight slowly over time. \*\*



Glute Bridge Dumbbell Hip Thrust Leg Extensions

\*\*Focus Day\*\* If you do a 5th focus day choose a variety of exercises from steps 3-5 and stick to 3 Hamstring Curls Hip Abduction sets of 10-15 reps for all Kettlebell Swing

Cable Pressdown Cable Curl Rear Delt Fly Pec Fly Hammer Curl Skull Crusher Lateral Raise

Upright Row

3x10-12 reps: Dumbbell RDL Reverse Lunge

Lower 1

4x6-8 reps:

**Back Squat** 

Sit-Ups (30s)

3x15 reps: Frog Pump Leg Extension Hamstring Curl

Tuesday Upper 1 4x6-8 reps: Barbell Row Plank (30s)

3x10-12 reps: DB Bench Press Lat Pull-Down 3x15 reps:

Tricep Extension Calf Raises

Cable Curl

Lateral Raise

3x10-12 reps: Step-Ups 3x15 reps: Glute Kickback

Kettlebell Squat

Lower 2

Rusn Twist (30s)

4x6-8 reps:

Deadlift

3x10-12 reps: DB Hip Thrust

Chin-Up(assistd) Shoulder Press 3x15 reps: Skull Crusher Hammer Curl

Rear Delt Fly

Upper 2

4x6-8 reps:

Bench Press

Side Plank (30s)

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