



8 Week Workout Plan

Hi Friends!

I am so excited to share this workout plan with you! I originally designed this plan for myself as I like following a structured routine to keep me focused in the gym. There is no particular level for these workouts. You can use as little or as much weight as you need, and you can also modify your workouts by decreasing or increasing reps and rest time in between sets. Please adjust however you need to.

I have included links to videos so that you can practice proper form, but you know yourself and your body best. You are responsible for your own health, so you do you! Basically, I cannot be held responsible for any injuries, ok? Ok!

Now that that is out of the way, we can get started! These workouts are intended to be done circuit style. So complete one full round of all the exercises at the recommended reps (or the reps you are able to) and then repeat 2 more times.

I HIGHLY recommend starting each workout with a 5-10 minute warm up. You can do a little light jogging or walking on an incline. Hop on the elliptical. Or do whatever you like to warm up your body. For the cardio days, choose whatever type of cardio you prefer! I love cycling or interval runs.

Ok...heeeeeere we go!



8 Week Workout Plan

Monday	Upper Body – (biceps, triceps, shoulders)
Tuesday	Lower Body
Wednesday	Upper Body – (chest & back)
Thursday	Cardio – (30-45 min)
Friday	Full Body - (lower focus)
Saturday	Cardio – (30-45 min) OR Rest
Sunday	Rest or Active Recovery (yoga/walk/stretch)

*Use weights heavy enough to challenge you! You should be struggling to get up those last few reps. The goal is to increase weight each week. Heavy weights are your friend!

*You can use Dumbbells (DB) in place of a Barbell (BB) if you do not have access

Week 1/3/5/7

Monday

- Barbell [Overhead Press](#) x 8-10
- Barbell [Bicep Curl](#) x12 + 20 seconds pulse @ 90° after all reps
- Barbell [Skull Crushers](#) x12-14
- [Hip Raises](#) x20
- Seated [DB Arnold Press](#) x12-14
- Seated [DB Hammer Curl](#) x12 + 20 second pulse @ 90° after all reps
- [Tricep Push Up](#) x8-10
- [Weighted Crunch](#) x25



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Tuesday

- [Split squats](#) x10-12 each leg (bodyweight or weighted)
- [Barbell Deadlifts](#) x8-12 (if lifting heavier, go for less reps)
- [Goblet Squats](#) x15
- [Standing Hamstring Curl](#) x10-12 each leg
 - Modification: use resistance bands or a stability ball as shown [here](#)
- [One Minute Plank](#) (30 seconds low, 30 seconds high)
- [Plie Squat](#) x 15-20
- [Barbell Glute Bridge](#) x 8-10 (try to go heavy on this one!)
 - Modification: [Single Leg Glute Bridge](#) x10 each leg

Wednesday

- [Barbell Bench Press](#) X12-14
- [Lat Cable Pull Down](#) x12-14
 - Modification: use resistance bands wrapped around a tall bar
- [Chest Fly](#) (cable or DB) x12-14
- [Cable Seated Row](#) x12-14
 - Modification: use resistance bands or [Bent Over DB Row](#))
- [Lat Pull Over](#) x12
 - Core Challenge: start w/ knees raised then lower & straighten legs 6 inches from the floor as you lower the DB over your head, return to start bringing legs back up as you bring weight back over chest
- [Reverse Grip Barbell Row](#) x10-12
 - Modification: use DB and hold with palms facing up
- [Incline Push Up](#) x10



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Friday

- Alternating [Single Arm Snatch](#) x 40 seconds
- Single Arm Row to Stand (complete row in a lunge position (as shown [here](#)). After the row, use hamstring to stand, pulling back leg to meet front leg, squeeze glutes then return to start) x10-12 each arm/leg
- Alternating Weighted Sumo Squat Pick Ups (squat with legs wider than shoulder width to pick up weight from floor with left arm, stand, then squat to return weight to floor, stand, then repeat with other arm) x40 seconds on/ 20 seconds rest
- Lateral Lunge to Single Arm Shoulder Press x10 -12 each side
 - [This video](#) was the closest I could find. I use a single weight and bring it across my body as I lunge, then when returning to start, bring lunging knee up to belly button (as seen in [this video](#)) while raising weight overhead
- [Burpee with Med Ball Press](#) x40 seconds
 - Challenge – add push up on the ball in between burpees
 - Modification – Burpee without the ball
- [Weighted Side Bends](#) x15-20 each side
- [DB Squat](#) to Bicep Curl x 10-12
 - Challenge - add 1 pulse to squat



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Week 2/4/6/8

Monday

- [Wall Balls](#) x 40 seconds on 20 seconds off
 - Modification: [squat press](#) using plate, DB, ball or KB
- [Hammer Curl to Shoulder Press](#) x10-12
- [Tricep Kickbacks](#) x10-12
- [Front/Lateral Raises](#) x 8-10
- DB or KB [Upright Row](#) x10-12
- [Bear Crawl Shoulder Taps](#) x40 seconds on 20 seconds off
 - You can also do this in plank position
- Bicep Curl to [Tricep extension](#) x 8-10
 - Perform a basic DB curl, then press weights overhead and complete tricep extension
- [Oblique Jackknives](#) x 15-20 each side
 - Challenge: lift both legs
 - Modification: [Oblique Crunches](#)

Tuesday

- Body Weight Squat Pulses (x2) with [Jump Squat](#) x40 seconds (squat, pulse, squat, pulse, jump etc)
- [Single Leg Deadlifts](#) x10 each leg
 - Kickstand back leg if you struggle with balance



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- Increase challenge by not touching back foot to the floor as you stand and/or raising knee to chest after deadlift
- [DB Step Ups](#) x20 total
 - Modification – use lower step
- KB Deadlift to Goblet Squat x20 total
 - Perform deadlift first. As you come to standing, switch grip to goblet style and squat, switch grip back as you come to deadlift. Similar to [this](#), but with legs straight when performing deadlift.
- [Reverse Lunge to Squat](#) x 40 seconds on 20 seconds off
- [KB Front Squats](#) x12-15
 - You can use DB or BB as well

Wednesday

- [Walkout to Push Up](#) x40 seconds on 20 seconds off
- [Bent Over Rear Fly](#) (seated or standing) x10-12
- [DB Chest Press](#) x12-15
- [TRX Row](#) (or [standing DB bent over row](#)) x10-12
- Alternating [Hammer Grip DB Chest Press](#) x12-14 each arm
 - Video does not show alternating arms. Do right arm, then left arm, switching at the same time.
- [Assisted Pull Ups](#) to failure



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- Modification – [Straight Arm Pull Down](#) (cable machine or resistance bands) x10-12

Friday

- Reverse Lunge W/ Single Arm Bicep Curl x10-12 each leg/arm
 - Starting position is feet together with DB at your side. Perform a regular bicep curl, lifting arm to shoulder in hammer position on the way up, keeping arm to shoulder, lower into a [reverse lunge](#) then as you come to standing lower arm. Repeat. Do all reps on one side then switch.
- [Med Ball Off Set Alternating Push Up](#) x10-12
 - Video does not show alternating. Roll ball from arm to arm after each rep
- [Overhead Squat](#) x12-15
 - Use Plate or Med ball
- Banded Squat Walks x40 seconds
 - Place the band around ankles or calves, squat with feet wide for enough tension, then while remaining in squat position, step forward 2x and backward 2x
 - Modification: use body weight only
- [KB Sumo Squat to Upright Row](#) x12-15
- [Leg Pull In](#) x45 seconds



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- [Single Leg Deadlift to Knee Raise w/ Overhead Press](#) (using plate, med ball or DB held horizontally in both hands) x10 each leg
- [KB Thrust Progression](#) x10-12