

Monday/Thursday - Upper Body (Chest and Back)					
Bodybuilding (Hypertrophy) Workout					
Phase 1					
Muscle Group	Exercise	Sets	Reps	Wt	
Workout 1					
Chest	Flat Bench Press (Barbell or Dumbell)	4	12,10,8,6		
	Incline Bench Press (Barbell or Dumbell)	4	12,10,8,6		
	Flat Dumbell Flys	4	12,10,8,6		
Back	Chins	4	12,10,8,6		
	Lat Pull-Down	4	12,10,8,6		
	Seated Cable Row	4	12,10,8,6		
Lower Back	Hyperextension	4	2,10,10,10		

Tuesday/Friday - Lower Body (Legs and Abs)					
Bodybuilding (Hypertrophy) Workout					
Phase 1					
Workout 3				WT	
Quadriceps / Glutes	Squat	4	12,10,8,6		
	Leg Press	4	12,10,8,6		
	Front Lunge or Reverse Lunge	4	12,10,8,6		
Quadriceps	Leg Extension	4	12,10,8,6		
Hamstrings / Glutes	Romanian Dead Lift	4	12,10,8,6		
	Lying Leg Curl	4	12,10,8,6		
Calves	Standing Calf Raise	3	15,12,10		
	Seated Calf Raise	3	15,12,10		
Abdominals	Crunch	2	10-15		
	Reverse Crunch	2	10-15		
	Oblique Crunch	2	10-15		

Wednesday/Saturday - Upper Body (Shoulder and Arms)					
Bodybuilding (Hypertrophy) Workout					
Phase 1					
Workout 2				WT	
Shoulders	Barbell Shoulder Press	4	12,10,8,6		
	Side Lateral Raise	4	12,10,8,6		
	Seated Bent-Over (near) Delt Raise	4	12,10,8,6		
Biceps	Barbell Curl	3	12,10,8		
	Incline Dumbell Curl	3	12,10,8		
Triceps	Lying Tricep Extension	3	12,10,8		
	Cable Tricep Extension	3	12,10,8		
Frequency	3-5/week (rotate workouts)				
Rest Days	Minimum of 2 rest days per week				
Set Rest	60-90 Sec				
Set Rest	2-3 Min (Squats, Dead Lifts, and Leg Presses)				
Exercise Rest	1-2 Min				

Exercise	Muscle Group	Sets	Reps	Wt
Leg Press	Quadriceps / Glutes	2	15	
Seated Leg Curl	Hamstrings	2	15	
Bench Press (Machine or	Chest	2	15	
Lat Pull-Down	Back	2	15	
Shoulder Press	Shoulders	2	15	
Barbell Curl	Biceps	2	15	
Triceps Extension	Triceps	2	15	
Hyperextension	Lower Back	2	15	
Standing Calf Raise	Calves	2	15	
Crunch	Abdominals	2	15	
Monday/Wednesday				
Repeat Circuit (2)				
Set Rest (30 Sec)				
Circuit Rest (1-2 Min)				
2 Count Lifting				
3 Count Lowering				
Goal Weight				
Goal Bodyfat				

Bodyweight Exercises

by DAREBEE © darebee.com



abs



quads



glutes



triceps



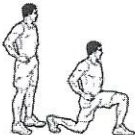
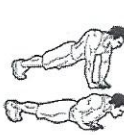
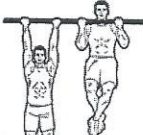
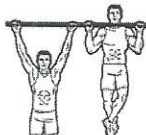
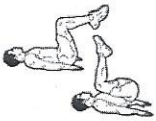
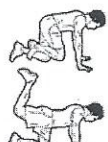
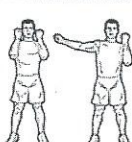
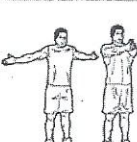
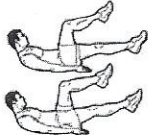
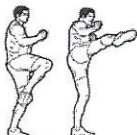
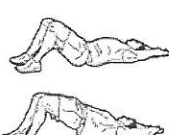
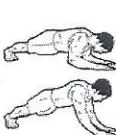
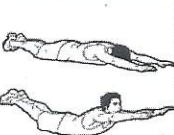
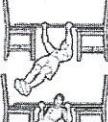
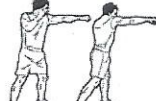
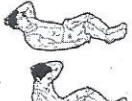
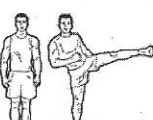
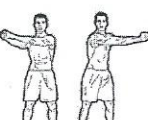
biceps



back



chest

 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 	 	 	 	 	 	

no-equipment ab exercises

by DAREBEE © darebee.com



upper



lower



six-pack



obliques



complete



core



crunches



reverse crunches



flutter kicks



sitting twists



knee to elbow



half wipers



high crunches



scissors



elbow plank



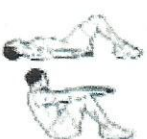
cross crunches



knee-to-elbow v2



arm / leg raises



sit-ups



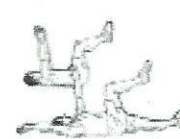
leg raises



L-sit



side jack-knives



dead bug



wipers



long arm crunches



pulse-ups



star plank



toe taps



plank crunches



plank rolls



hundreds



bicycle crunches



hollow hold



sitting punches



side plank crunches



knee-in twists



knee crunches



crunch kicks



V-ups



side plank



V with rotations



climber taps

10 Seconds Mountain Climbers Video	https://youtu.be/834tNnoe53A
20 Seconds Spiderman + Reach Video	https://youtu.be/tGxCop_0yRQ
25 Double Taps Video	https://youtu.be/rvb3aw-019Q
2x Odd Object Rows Video	https://youtu.be/5bTX5qKWtEA
30 Over and Back Dumbbell Hops Video	https://youtu.be/N9wJ3p1o69I
30 Second Hollow Hold Video	https://youtu.be/EJvFiNvuuXw
30 Seconds Active Samson Video	https://youtu.be/jGVMgxjPORo
30 Seconds Active Spidermans Video	https://youtu.be/tGxCop_0yRQ
30 Seconds Air Squats	
30 Seconds Frog Hops Video	https://www.youtube.com/watch?v=VoIEWe3UfCY
30 Seconds Goblet Squats (Light Weight) Video	https://www.youtube.com/watch?v=bJWKhWkVmPA0
30 Seconds Mountain Climbers Video	https://youtu.be/834tNnoe53A
30 Seconds Over and Back Dumbbell Hops Video	https://youtu.be/N9wJ3p1o69I
30 Seconds Push-up to Down Dog Video	https://www.youtube.com/watch?v=hPhA5b-P34Y
30 Seconds Shuttle Runs	
30 Seconds Slow Burpees	
50 Line Hops Video	https://youtu.be/AG3QNJrjozl
60 Double Taps Video	https://youtu.be/rvb3aw-019Q
60 Line Hops Video	https://youtu.be/AG3QNJrjozl
Airsquats	https://www.youtube.com/watch?v=C_VtOYc6j5c
Alternating Dumbbell Bench Press: Video	
Back Squats	https://www.youtube.com/watch?v=ultWZbUMPL8
Banded Good Mornings: Video	https://youtu.be/qS2PveiBtpM
Barbell Bent Over Rows	
Barbell Warmup	https://youtu.be/Ff_dtGJKgxM
Bench Dips	https://www.youtube.com/watch?v=6kALZikXxLc
Box Jumps	https://www.youtube.com/watch?v=52r_UI5k03g
Burpees	https://www.youtube.com/watch?v=TU8QYVW0gDU
Clean And Jerk	https://www.youtube.com/watch?v=sTbRIJVdyGE
Dead Hang From Pull Up Bar / Hollw Body Holds	https://www.youtube.com/watch?v=uQP7ZucTrI
Dead Lifts	https://www.youtube.com/watch?v=op9kVnSso6Q
Dragon Fly	https://www.youtube.com/watch?v=klCxJien7xM
Dragon Flyes	https://www.youtube.com/watch?v=nUgJp4Dah3g
Dumbbell Rows From Push-up Position Video	
Dumbbell Or Kettle Bell Snatch	https://www.youtube.com/watch?v=6l2lu26oWW8
Front Squat	https://www.youtube.com/watch?v=m4ytaCJzpI0
Goblet Squats	https://www.youtube.com/watch?v=QrVgpdOLlgM
Hollow Hold: Video	https://youtu.be/EJvFiNvuuXw
Hollow Rocks: Video	http://youtu.be/gQ2Pcv0GHTU
Inchworm to Push-ups Video	https://youtu.be/Et0WRT6Q3sA
Inverted Row Video	https://youtu.be/wdadrFLIC2s
Jump Rope	
Kettle Bell Swings	https://www.youtube.com/watch?v=vdezTMuIJ-k
Kettlebell Thruster	https://www.youtube.com/watch?v=2O8VWlQrbvg
Kettlebell Goblet Squat	https://www.youtube.com/watch?v=QrVgpdOLlgM&t=13s
Kettlebell Swings	https://www.youtube.com/watch?v=vdezTMuIJ-k
Overhead Lunge	https://www.youtube.com/watch?v=m6MczOv_Ayg
Overhead Squats	https://www.youtube.com/watch?v=RD_vUnqwqql
Overhead Walking Lunges	https://www.youtube.com/watch?v=m6MczOv_Ayg
Plank	https://www.youtube.com/watch?v=pSHjTRCQxlw
Plank Tabata	https://www.youtube.com/watch?v=GFCOWA6uuQw
Push Press	https://www.youtube.com/watch?v=X6-DMh-t4nQ
Reverse Burpees: Video	https://youtu.be/WCEuVr-n_OY
Seconds Push-up to Down Dog Video	https://www.youtube.com/watch?v=hPhA5b-P34Y
Single Arm Bent Over Row (Full Reps Each Side) Video	https://youtu.be/izaclnNZMWs
Single Arm Dumbbell Bent Over Row: Video	https://youtu.be/izaclnNZMWs
Single Dumbbell "Macho Man" (3 Reps Each Side) Video	https://youtu.be/EDus27jZC90

Single Dumbbell Deadlifts (15-12-9 Each Side) Video	https://youtu.be/S40eu8aKP18
Squat	https://www.youtube.com/watch?v=xDdSZmWNYQI
The Overhead Lung	https://www.youtube.com/watch?v=m6MczOv_Ayg
Thrusters	https://www.youtube.com/watch?v=aea5BGj9a8Y
Thrusters/ Burpees	https://www.youtube.com/watch?v=aea5BGj9a8Y
Walking Lunges	https://www.youtube.com/watch?v=L8fvypPrzs
Walking Lunges/Sit-Ups	https://www.youtube.com/watch?v=_HDZODOx7Zw