

SHELBY'S FITNESS GOALS

1. Increase strength (in deadlifts, squats, and pull ups)
2. Build muscle shape (shoulders, back, glutes, and quads)
3. Increase Vo2 max and cardiovascular fitness (run 10 minute mile)
4. Balance and skills (pistol squats)
5. Reduce cortisol and stress



WORKOUT FORMAT

Based on your goals

1. Heavy lifts

a. 3 reps x 6

2. Hypertrophy

a. 8-12 reps x 3 of functional training (choose 3 - 5 exercises)

b. 12- 20 reps x 3 of isolation exercises (choose 3 - 5 exercises)

3. Core and balance

a. core training

b. balance ball practice on knees

4. Cardio

a. HIIT and power training 30 seconds on, 30 - 120 seconds off.

WEEKLY WORKOUT SCHEDULE

Phase 1 (6 weeks)

mon	tue	wed	thu	fri	sat	sun
Lower Body 1	Hot Yoga	Push + HIIT	Lower Body 2	Pilates	Pull + HIIT	Hiking



WORKOUT EXAMPLE

1. Heavy Lifts

Lower Body

a. Deadlifts 3x6

2. Hypertrophy v1

a. Cable kick backs

b. Hip thrusts

c. Split squats

3. Hypertrophy v2

a. Double to single leg bridge on bench

b. Calf raises

c. Hamstring ball roll ins

4. Core + Balance + Skills

a. Plank variations

b. Bird dogs

c. Knee balance on yoga ball

5. HIIT + Power

a. 30 seconds on 30 seconds off

