



Week 8: Build Muscle, Lose Fat

Workout Format:

Warm up - 7 minutes, gradually building intensity from 2/10 perceived exertion to 9/10 perceived exertion. Add 1/10 intensity every minute for 7 minutes.

Workout A/B Format - MTRF (40-50 minutes)

Squat, Push, Lunge, Pull, Plank - 4 minutes rest at end of Giant Set

Workout 8A: Quads, Glutes, Lats, Bi's (Dumbbells)

Workout 8B: Hammy's, Extensors, Chest, Tri's (Dumbbells)

Warm up - 7 minutes, gradually building intensity from 2/10 perceived exertion to 9/10 perceived exertion. Add 1/10 intensity every minute for 7 minutes.

1. Mountain Climbers

- In a push up-like position, start by bringing one leg up towards the elbow on the same side, resting your foot on the ground.
- Then, quickly switch back and forth, jumping between each leg. We are going for maximum speed.
- For an increased level of intensity, you can move your arms back and forth with each leg.
- Make sure to keep your back flat.
- Back and forth counts as 1 repetition.

2. Mountain Jumpers

- Just like mountain climbers but moving both feet at the same time.
- The closer you can get your feet to your hands, the better mobility you are getting.

3. Jumping Jacks

- Just like in gym class, legs and arms out together, legs and arms in together.

4. Push Up Superset On Knees

- In this push up position, we are going to be on our knees, instead of our feet. This is to target an increase in number of repetitions and to build endurance.
- For the first push up, start with your hands close together in a "triangle push up" position.
- Then, step your hands about halfway out to perform the second push up.
- Finally, step your hands out all the way to perform the third push up.
- Make sure to keep your back straight.

Feel free to add in or switch out any other various exercises such as free squats, high knees, butt kicks... ect.

Mountain Climbers



Mountain Jumpers



Jumping Jacks



Push Up Superset On Knees



Workout 8A: Quads, Glutes, Lats, Bi's (Dumbbells)

Front-Squats x 6 reps

- Start by holding a dumbbell in each hand with your wrist against your shoulder, dumbbells against your body, and upper arms parallel to the ground.
- From here, kick your hips down and back into a squat, tummy tight on the way down, glutes tight on the way up.

Cross-Body Rows x 6 reps each side

- In the down squat position, row the dumbbell across your body with your rowing hand to the opposite foot.
- Row up and twist back to the starting position.
- Perform each set of 10 in the down squat position, without standing up.

Forward Spider Lunge With Bicep Curl At Top x 10 reps each leg/20 reps each arm

- This exercise is a forward lunge while holding a dumbbell in each hand.
- At the top of the lunge, perform a bicep curl with both arms at the same time.
- Keep your palms facing forwards.
- Do 10 lunges per leg, with a bicep curl on each lunge, accounting for 20 curls total.

3 Position Horizontal Dumbbell Press x 5 reps each = 15 reps

- Hold the dumbbell horizontally in front of the chest with both hands.
- Press the dumbbell up and back down, rotate to the left and press up and back down, rotate to the right and press up and back down.
- Keep elbows in front of the body and at your sides.

Standard Forearm Plank x 30 seconds

- In this plank position, hold yourself up with your elbows and forearms on the ground and your hands facing upwards.
- Hold for 30 seconds.

Rest 4 minutes & repeat x 4 sets. (4 Rounds Total)

Front-Squats



Cross-Body Rows



Forward Spider Lunge With Bicep Curl At Top



3 Position Horizontal Dumbbell Press



Standard Forearm Plank



Workout 8B: Hammy's, Extensors, Chest, Tri's (Dumbbells)

Heavy Dumbbell Alternating Reverse Lunges x 6 reps each side

- Holding a dumbbell in each hand, alternate between each leg on reverse lunges.

Dumbbell Bench Press (on ball if steady) x 6 reps

- If you can, do this exercise on the stability ball in the bench press position (for more information regarding safety and benefits of this position, please refer to the video).
- With the dumbbells in the down position, start with your palms facing towards your head.
- Press the dumbbells up and rotate your palms to face down towards your feet.
- Let your palms come back to face your head on the way back down.

Squat With Vertical Dumbbell Pick Up x 15 reps fast

- Place the dumbbell in between your legs (not out in front).
- Squat down, keeping your shoulders back and butt down and back, keeping the weight in your heels.
- Grab the dumbbell, stand up, squat back down, and drop the dumbbell off between your legs again.
- To finish the movement, stand back up without the dumbbell.
- Repeat this full movement in rapid, continuous reps.

Standing Middle Trap x 15 reps

- Perform this exercise in the standing position, with your knees bent, and your chest relatively parallel to the ground.
- Hold your arms straight out from your sides and rotate your hands counter-clockwise up towards the ceiling.
- Without hunching your shoulders up, squeeze your shoulder blades together and bring your arms up and back.
- End when your shoulder blades touch together and then bring your arms back down in a slow and controlled movement.
- Focus on your form, not speed.

Standard Straight Arm Plank x 30 seconds

- This is your standard plank in which you are in the push up position with no modifications.
- Keep your back straight and make sure to get that abdominal tremble.

Rest 4 minutes & repeat x 4 sets (4 Rounds Total)

Heavy Dumbbell Alternating Reverse Lunges



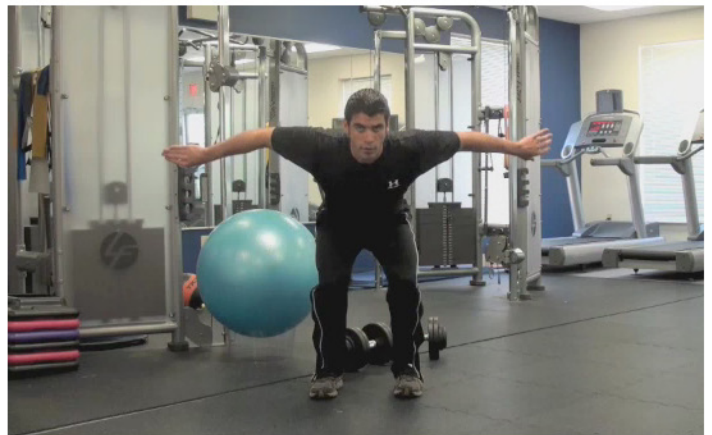
Dumbbell Bench Press (on ball if steady)



Squat With Vertical Dumbbell Pick Up



Standing Middle Trap



Standard Straight Arm Plank

