

Faithfully Free Fitness Workout Plan v1

DAY 1: LEGS QUAD FOCUS			
Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
Mountain Climbers	Video	3	30 sec
Jump Squats	Video	3	30 sec
Split Squats BB	Video	3	8-10
Leg Extension	Video	3	10-15
SL Leg Press	Video	3	10
Walking BB Lunges	Video	3	10
BB Squat	Video	3	8-10
Seated Calf Raise	Video	2	12-15

DAY 2 : SHOULDERS /TRICEPS			
Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
One Arm Lat Raise	Video	3	8-12
Seated DB Press	Video	3	8-12
Front DB Raise	Video	3	8-12
Standing DB Press	Video	3	8-12
Dips	Video	3	8-12
CG Bench Press	Video	3	8-12
Triceps Pushdown	Video	3	8-12
Seated Triceps Press	Video	2	8-12
Shoulder Press	Video	2	8-12

DAY 4: BACK / BIS			
Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
WG Lat Pulldowns	Video	3	10-12
OA DB Row	Video	3	10-12
Seated Row	Video	3	10-12
Straight Arm Pulldown	Video	3	10-12
T-Bar Rows	Video	3	10-12
DB Curls	Video	3	10-12
Reverse BB Curls	Video	3	10-12
Spider Curls	Video	2	10-12
Hammer Curls	Video	2	10-12

DAY 5: LEG HAM & GLUTE FOCUS			
Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
Sumo Deadlift	Video	3	8-10
Lying Leg Curls	Video	3	12-15
Good Mornings	Video	3	8-10
Inch Worm	Video	3	10
Single Leg Deads	Video	3	10
Floor G/Ham Raise	Video	3	10
BB Glute Bridge	Video	3	15
Flutter Kicks	Video	2	15
Cable Pull Through	Video	2	15

DAY 6: CHEST / ABS			
Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
BB Bench Press	Video	3	8-10
Dumbbell Flyes	Video	3	8-10
Cable Crossover	Video	3	8-10
Landmine Press	Video	3	8-10
DB Side Bend	Video	3	10
Bottoms Up	Video	3	15
Ball Pull In	Video	3	10
Elbow To Knee	Video	3	20

REST ON DAYS 3 & 7
Abbreviation Descriptions
BB - Barbell
DB - Dumbbell
IC - Incline
SL - Single Leg
OA - One Arm
BW - Bodyweight
KB- Kettlebell
NS- Narrow Stance
FAIL - Until failure
CG- Close Grip
WG - Wide Grip