

Faithfully Free Fitness Workout Plan v2

DAY 1: LEGS QUAD FOCUS

Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
BB Front Squat	Video	3	8-10
Leg Press (NS)	Video	3	10-15
Goblet Squat	Video	3	10-15
Double Leg Butt Kick	Video	3	8-10
Wall Sits	Video	3	FAIL
Bench Step-Ups	Video	3	10-15
Jump Rope	Video	3	30 sec
Standing Calf Raise	Video	2	12-15

DAY 2 : SHOULDERS /TRICEPS

Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
DB Lat Raise	Video	3	8-12
BB Military Press	Video	3	8-12
DB Arnold Press	Video	3	8-12
Lying OA Lat Raise	Video	3	8-12
Alternating DB Press	Video	3	8-12
DB Floor Press	Video	3	8-12
Triceps Pushdown	Video	3	8-12
CG Pushups	Video	2	8-12
EZ Bar Skull crusher	Video	2	8-12

DAY 4: BACK / BIS

Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
Assisted Pullups	Video	3	10-12
Barbell Row	Video	3	10-12
Renegade Rows	Video	3	10-12
DB Incline Rows	Video	3	10-12
CG Lat Pulldown	Video	3	10-12
Preacher Curls	Video	3	10-12
Concentration Curls	Video	3	10-12
High Cable Curls	Video	2	10-12
Barbell 21s	Video	2	21

DAY 5: LEG HAM & GLUTE FOCUS

Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
DB Deadlift	Video	3	8-10
Seated Leg Curl	Video	3	8-10
Lunge Pass Through	Video	3	10
Knee Tuck Jump	Video	3	10
Ball Leg Curl	Video	3	10
Box Jump	Video	3	10
BB Hip Thrust	Video	3	8-10
Single Leg Bridge	Video	2	10
Cable Kickbacks	Video	2	10

DAY 6: CHEST / ABS

Exercise	Demo	Sets	Reps
KB or DB Swings	Video	5	20
DB Bench Press	Video	3	8-10
Pushups	Video	3	8-10
Incline DB Press	Video	3	8-10
Dips For Chest	Video	3	8-10
Plank	Video	3	60 sec
Plate Twists	Video	3	15
Hanging Leg Raise	Video	3	15
Cross Body Crunch	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