

Field House
Foundational Strength

Day 1: Upper Body 1

1. Barbell Bent Row (4x6)
2. Barbell Bench Press (4x6)
3. Barbell Overhead Press (4x6)
4. Cable Lat Pulldown (5x10)
5. Cable Biceps Curl/Triceps Extensions (4x10 **SS**)

Day 2: Lower Body 1

1. Leg Press (3x10)
2. Leg Extension Machine (3x10)
3. Leg Curl Machine (3x10)
4. Smith Machine Calf Raises (3x15)
5. Stair Master (10 minutes)

Day 3: Cardio and Core

1. BW Planks (3x30 seconds)
2. TRX Squat Jumps (3x10)
3. Flutter Kicks (3x30 seconds)
4. Bike (15 minutes)
5. Decline Sit-ups (3x10)

Day 4: Upper Body 2

1. Cable Face Pulls (3x10)
2. Seated Cable Row (4x8)
3. DB Y-Raise (3x12)
4. DB Pullover (4x8)
5. DB Incline Bench Press (3x12)
6. DB Farmer's Carry (3 laps)

Day 5: Lower Body 2

1. BW Bridge Holds (3x30 seconds)
2. DB Goblet Squat (4x8)
3. DB Reverse Lunges (3x8 each leg)
4. Smith Machine Squats (4x8)
5. DB Walking Lunges (3x10)

Key:

#x# = # sets of # reps

BW = Body Weight

DB = Dumbbell

KB = Kettlebell

SS = Super Set

Eccentric = slowing down on the lengthening/lowering phase of the movement