

Fill out date, number of repetitions, and amount of weight or time by downloading the PDF, or by using the markup tool in your photo app. Follow workout in consecutive order using descriptions for proper technique and progression. Click on exercise for description and video provided by [ACE fitness library](#).



Date:

Workout Type:	Full Body
Skill Level:	Advanced
Duration:	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*

Warm-Up: Bear Crawl (3 x 1 min with 30 second break) Inverted Flyers (1 min each side)

Circuit 1: Complete exercises back-to-back before taking a rest. Rest 30 seconds to 1 minute in between sets.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Deadlift	Barbell or dumbbell	S1:	S1:	Use a kettlebell to replace heavy weight	Single Leg deadlift
		S2:	S2:		
		S3:	S3:		
2. Halo	Kettlebell or dumbbell	S1:	S1:	Staggered stance for back support	Slow down the time the weight is behind head
		S2:	S2:		
		S3:	S3:		

Circuit 2: Complete exercises back-to-back before taking a rest. Rest 30 seconds to 1 minute in between sets.

Exercise	Equipment	Repetitions	Modification	Step-It Up
1. Burpee	Body Weight	S1:	Step back to plank position instead of jumping out	Add a push-up at the bottom of the burpee
		S2:		
		S3:		
2. Farmer's Carry	Dumbbells (heavy)	S1:	Walk at slower pace	Take larger strides
		S2:		
		S3:		

Circuit 3: Complete exercises back-to-back before taking a rest. Rest 30 seconds to 1 minute in between sets.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Figure 8	Kettlebells	S1:	S1:	Take a wider stance	Add a row at the top of the movement when getting to either side
		S2:	S2:		
		S3:	S3:		
2. Lunge & Press	Medicine ball or dumbbell (Alternate Legs)	S1:	S1:	Begin with no weight or lighter weight	Hold at top of press with slow bring down of weight
		S2:	S2:		
		S3:	S3:		

Circuit 4: Complete exercises back-to-back before taking a rest. Rest 30 seconds to 1 minute in between sets.

Exercise	Equipment	Repetitions	Modification	Step-It Up
1. Mountain Climbers	Body Weight	S1:	Place hands on step or platform	Add a pushup after every 4 climbs
		S2:		
		S3:		
2. Sprinter Pulls	Body Weight (Left and Right)	S1:	Stop in high lunge (do not bring back knee to the floor)	Add a hop at top of movement
		S2:		
		S3:		

For More Information: Visit Campus Recreation's website to schedule a [free wellness consultation](#) or email rec@pitt.edu. If you print out the workout, or if the links are broken, visit acefitness.org and click on exercise database & library to search for the description and video of the exercises.

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Cool Down:

Walk on treadmill 2-5 mins (incline 1; speed 3.2) Static Stretching (full body – hold each stretch for 20+ seconds; emphasis on core)

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