

Foolproof Workout Instructions

This workout will be set up in a circuit fashion, one exercise after the other, with minimal rest (around 30 seconds) between exercises. Performing the training in a circuit will give you plenty of rest before you get to the same exercise again, helping to keep good form and lessen fatigue.

After completing one circuit, rest from 90 seconds to two minutes before repeating.

The workout is split into Workout A and Workout B, and you will alternate between the two workouts. Ideally, you'll do each workout once but not more than twice, with three workouts weekly being the sweet spot. Each exercise will be performed three to four times, with reps (unless specified) between six and 12.

I would start with a weight you can do six to eight times, keep the same weight, and add a repetition when doing the same workout later. When you reach 12 reps, and it feels easy, go up five to 10 pounds, start at six to eight reps, and start the process again. Ideally, each workout is done 12 times for 24 workouts, which will take between eight and 12 weeks.

Each exercise in the circuit will have a progression to make it harder and a regression when the programmed exercise feels difficult or causes you pain. Have you got it? Good; if not, you can message me [here](#) with any questions.

Foolproof Workout

Each exercise will be hyperlinked with a video, and you can either copy and paste this workout or upload a PDF here. Download a workout sheet [here](#) if you need somewhere to record your sets and reps.

Workout A

1A. [Goblet Box Squat](#)

Progression: [Goblet squat](#) **Regression:** [Bodyweight Box Squat](#) 12 reps

1B. [Landmine Unilateral Press](#)

Progression: [Half Kneeling Landmine Press](#) **Regression:** [Unilateral Dumbbell Floor Press](#)

1C. [Tall Kneeling Band Pull apart](#) (15- 25 reps)

Progression: [Half Kneeling Band Pull apart](#) **Regression:** [Standing Band Pull Apart](#)

1D. [Single Leg Hip Extension](#) 10-12 reps per leg

Progression: [Weighted Single Leg Hip Extension](#) **Regression:** [BW Hip extension](#) 15-20 reps

1E. [Dumbbell Farmers Carry](#) (25-50% of your BW in each hand) 40-100 yards.

Workout B

1A. [Goblet Split Squat](#)

Progression: [Goblet Elevated Split Squat](#) **Regression:** [Assisted Split Squat](#) 10-12 reps

1B. [Dumbbell Bench Press](#)

Progression: [Unilateral Dumbbell Bench Press](#) **Regression:** [Machine Chest Press](#)

1C. [Single Arm Dumbbell Row](#)

Progression: [Dumbbell Three Point Row](#) **Regression:** [Band/Cable Single Arm Row](#)

1D. [Bodyweight Hip Thrust](#) 12-15 reps.

Progression: [Weighed Hip Thrust](#) **Regression:** BW Hip extension 15-20 reps

1E. [Dumbbell Suitcase Carry](#) (25-50% of your BW in one hand) 40-100 yards.