

# Faithfully Free Fitness Workout Plan v2

## DAY 1: LEGS QUAD FOCUS

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

## DAY 2 : SHOULDERS /TRICEPS

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

## DAY 4: BACK / BIS

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

## DAY 5: LEG HAM & GLUTE FOCUS

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

## DAY 6: CHEST / ABS

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