

# FITS Lifting Workouts

## Full Body Cardio Workout

\*Set 1 = 20 Reps; Set 2 = 15 Reps; Set 3 = 10 Reps

\*All 3 exercises right in a row; no rest

| Match | Upper Body             | Lower Body            | Core                  | Weights   |
|-------|------------------------|-----------------------|-----------------------|-----------|
| 1     | Bench Press _____      | Box Step Ups _____    | Mason Twist _____     |           |
| 2     | Tricep Extension _____ | Hamstring Curls _____ | Toe Touches _____     |           |
| 3     | Upright Row _____      | Split Lunges _____    | Oblique V-ups         |           |
| 4     | Hammer Curls _____     | Deadlift _____        | Ball Toss _____       |           |
| 5     | Forearm Curls _____    | SL Calf Raise _____   | Decline Sit-ups _____ |           |
| 6     | Rot Cuff Curls In/Out  | Hip Extension In/Out  | Side Pulls            | Theraband |

## Upper Body Blast

\*2 Sets of 20 + 5 Pull-ups; no rest until 5th pull-up

| Match | Exercise 1             | Exercise 2             | 5 Pull-ups                 | Weights |
|-------|------------------------|------------------------|----------------------------|---------|
| 1     | Bench Press _____      | Decline Push-ups       | Towel Grip                 |         |
| 2     | Tricep Push-down _____ | Skull Crushers _____   | Underhand Grip + Knee Pump |         |
| 3     | Upright Row _____      | DB Shrugs + Hold _____ | Wide Grip; side-to-side    |         |
| 4     | Hammer Curls _____     | Bar Curls _____        | Burpee                     |         |
| 5     | Shoulder Press _____   | Shoulder Raise _____   | Regular Overhand           |         |
| 6     | 5 Min Jump Rope        | 100 Box Jumps          | 5 Hill Sprints             | n/a     |

## Lower Body Blast

\*All 3 exercises together; 2 min rest after ab exercise

| Match | Exercise 1                  | Exercise 2               | Abs                           | Weights |
|-------|-----------------------------|--------------------------|-------------------------------|---------|
| 1     | 10 Squats _____             | 20 High Box Jumps        | 20 Sandbag Sit-ups            |         |
| 2     | 10 Power Cleans _____       | 20 Jump Lunges           | 20 Seated Twist               |         |
| 3     | 20 DB Hamstring Curl _____  | 40 Bench Hops            | 20 Crunchy Frog               |         |
| 4     | 20 Hip Machine In _____     | 20 Hip Machine Out _____ | Toe Touches w/ Plate          |         |
| 5     | 20 Kettle Bell Swings _____ | 20 Bench Step Overs      | 20 Oblique V-ups (Both sides) |         |
| 6     | 30 Rot Cuff Curls In        | 30 Rot Cuff Ext Out      | 30 Side Pulls                 |         |

## Other Fun Workouts

Rotate between upper & lower body exercises; 2x15, then one max out super set where you drop the weight 3x

Tires: flip, throw, exercises w/ tires, footwork drills, etc

Splitting Wood + Bike Ride + Ab Workout

Stair Workouts: single leg, double step, skip a step, sideways pump, backwards, etc