

DAY 1

PUSH

EXERCISE 1 - TGRIP Bar Bench Press



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - TGRIP Bar Overhead Press



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - TGRIP Bar Push-Ups



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - Tricep Dips



3 SETS

8-12 REPS
(optional)

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 5 - TGRIP Bar Triceps Extension



3 SETS

10-15 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 6 - TGRIP MAXX Bar Pressdowns



3 SETS

10-15 REPS

Rest 60 seconds between each set

TGRIP
TGRIP MAXX Bar

ALTERNATIVE
Row Attachment

EXERCISE 7 - Standing Abs



3 SETS

20 REPS

Rest 60 seconds between each set

TGRIP
TGRIP MAXX Bar

ALTERNATIVE
Row Attachment



DAY 2

PULL

EXERCISE 1 - TGRip Bar Romanian Deadlifts



3 SETS

6-8 REPS

Rest 60 seconds between each set

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - TGRip MAXX Bar High Row



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
TGRip MAXX Bar

ALTERNATIVE
Row Attachment

EXERCISE 3 - TGRip Barbell Rows



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - TGRip Bar Hammer Curls



3 SETS

8-12 REPS
(optional)

Rest 60 seconds between each set

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 5 - Resistance Band Biceps Curls



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 6 - Resistance Bands Face Pulls



3 SETS

10-15 REPS

Rest 60 seconds between each set

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 7 - Leg Raises



3 SETS

20 REPS

Rest 60 seconds between each set



DAY 3

LEGS

EXERCISE 1 - Body Weight Squats

3 SETS **15-20 REPS** Rest 60 seconds between each set

EXERCISE 2 - TGRIP Bar Front Squats

3 SETS **8-12 REPS** Rest 60 seconds between each set



TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - TGRIP Bar Romanian Deadlifts

3 SETS **8-12 REPS** Rest 60 seconds between each set



TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - Step-Ups

3 SETS **8-12 REPS**
(optional) Rest 60 seconds between each set

EXERCISE 5 - TGRIP Bar Lunges

3 SETS **10-15 REPS** Rest 60 seconds between each set



TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 6 - Calf Raises

3 SETS **10-15 REPS** Rest 60 seconds between each set

EXERCISE 7 - Crunches

3 SETS **20 REPS** Rest 60 seconds between each set



DAY 4

PUSH

EXERCISE 1 - TGRIP Bar Bench Press



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - TGRIP Bar Overhead Press



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - TGRIP Bar Push-Ups



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - Tricep Dips



3 SETS

8-12 REPS
(optional)

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 5 - TGRIP Bar Triceps Extension



3 SETS

10-15 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 6 - TGRIP MAXX Bar Pressdowns



3 SETS

10-15 REPS

Rest 60 seconds between each set

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 7 - Alternating Leg Raises



3 SETS

20 REPS

Rest 60 seconds between each set



DAY 5

PULL

EXERCISE 1 - TGRip Bar Romanian Deadlifts



3 SETS

6-8 REPS

Rest 60 seconds between each set

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - TGRip MAXX Bar High Row



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
TGRip MAXX Bar

ALTERNATIVE
Row Attachment

EXERCISE 3 - TGRip Barbell Rows



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - TGRip Bar Hammer Curls



3 SETS

8-12 REPS
(optional)

Rest 60 seconds between each set

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 5 - Resistance Band Biceps Curls



3 SETS

8-12 REPS

Rest 60 seconds between each set

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 6 - Resistance Bands Face Pulls



3 SETS

10-15 REPS

Rest 60 seconds between each set

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 7 - Woodchoppers



3 SETS

20 REPS

Rest 60 seconds between each set



DAY 6

LEGS

EXERCISE 1 - Body Weight Squats

3 SETS 15-20 REPS Rest 60 seconds between each set

EXERCISE 2 - TGRIP Bar Front Squats

3 SETS 8-12 REPS Rest 60 seconds between each set



TGRIP
Original TGRIP Bar



ALTERNATIVE
Standard Bar

EXERCISE 3 - TGRIP Bar Romanian Deadlifts

3 SETS 8-12 REPS Rest 60 seconds between each set



TGRIP
Original TGRIP Bar



ALTERNATIVE
Standard Bar

EXERCISE 4 - Step-Ups

3 SETS 12 REPS *(optional)* Rest 60 seconds between each set

EXERCISE 5 - TGRIP Bar Lunges

3 SETS 10-15 REPS Rest 60 seconds between each set



TGRIP
Original TGRIP Bar



ALTERNATIVE
Standard Bar

EXERCISE 6 - Calf Raises

3 SETS 10-15 REPS Rest 60 seconds between each set

EXERCISE 7 - Cross Crunches

3 SETS 20 REPS Rest 60 seconds between each set

