











DAY 1

PUSH

SPEED SET 1

Rest 60 seconds between each set




4 SETS

EXERCISE 1 - Bench Press				
15 REPS	HAMMER GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar
EXERCISE 2 - Push-Ups				
15-20 REPS	HAMMER GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar
EXERCISE 3 - Triceps Extension				
20 REPS	TRADITIONAL GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar
EXERCISE 4 - Triceps Push-Downs				
25 REPS	HAMMER GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar

SPEED SET 2

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Overhead Press				
15 REPS	HAMMER GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar
EXERCISE 2 - Front Raise				
20 REPS	HAMMER GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar
EXERCISE 3 - Side Raise				
20 REPS	TRADITIONAL GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar
EXERCISE 4 - Rear Delt Raise				
20 REPS	TRADITIONAL GRIP		TGRIP Original TGRIP Bar	ALTERNATIVE Standard Bar



DAY 1

PUSH

SPEED SET 3

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Standing Abs



20 REPS

CENTER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Wood Choppers



20 REPS

TRADITIONAL GRIP

TGRIP
T-Grip Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 3 - Reverse Crunch (with Bands if capable)



20 REPS

TRADITIONAL GRIP

TGRIP
T-Grip Resistance Bands

ALTERNATIVE
Generic Bands

DAY 2

PULL

SPEED SET 1

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Bent Row



15 REPS

HAMMER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Band Lat Pull



25 REPS

HAMMER GRIP

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 3 - T-Grip Barbell Curl



15 REPS

TRADITIONAL GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - High Biceps Curl



20 REPS

TRADITIONAL GRIP

TGRIP
T-Grip Suspension Straps

ALTERNATIVE
Generic Straps



DAY 2

PULL

SPEED SET 2

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Upright Row



15 REPS

CENTER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Face Pull



20 REPS

CENTER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Band Pull-Over



25 REPS

SINGLE HANDLES

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 4 - High Row



25 REPS

HAMMER GRIP

TGRIP
T-Grip MAXX Bar

ALTERNATIVE
Row Attachment

EXERCISE 5 - MAXX Curl



25 REPS

MAXX GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

SPEED SET 3

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Burpee



20 REPS

TRADITIONAL GRIP

EXERCISE 2 - Mountain Climbers



20 REPS

TRADITIONAL GRIP



DAY 3

LEGS

SPEED SET 1

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Front Squat



12 REPS

WIDE OVERHAND GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - RDL



15 REPS

HAMMER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Bodyweight Squat



30 REPS

EXERCISE 4 - Hamstring Curl (Bands)



20 REPS

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 5 - Single Leg Calf Raise



20 REPS for each leg

SPEED SET 2

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Reverse Lunge



15 REPS

WIDE OVERHAND GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Bodyweight Step-Ups



20 on each side

EXERCISE 3 - Leg Extension with Bands



20 REPS

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 4 - Bodyweight Lunge



20 REPS on each leg

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar



DAY 4

PUSH

SPEED SET 1

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - TGRIP Bar Bench Press



20 REPS

WIDE OVERHAND GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Push-Ups



15-20 REPS

CENTER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Bench Dips



20 REPS

EXERCISE 4 - Triceps Pressdown



25 REPS

HAMMER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

SPEED SET 2

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Overhead Press



20 REPS

WIDE OVERHAND GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Overhead Press



20 REPS

CENTER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Front Raise



20 REPS

WIDE OVERHAND GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - Side Raise



20 REPS

SINGLE ARM CENTER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 5 - Rear Delt Raise



20 REPS

TRADITIONAL GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar



DAY 4

PUSH

SPEED SET 3

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Standing Abs



20 REPS

CENTER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Wood Choppers



20 REPS

TRADITIONAL GRIP

TGRIP
TGRIP Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 3 - Reverse Crunch (with Bands if capable)



20 REPS

TRADITIONAL GRIP

TGRIP
TGRIP Resistance Bands

ALTERNATIVE
Generic Bands

DAY 5

PULL

SPEED SET 1

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Bent Row



15 REPS

HAMMER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Band Lat Pull



25 REPS

HAMMER GRIP

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 3 - TGRIP Barbell Curl



15 REPS

TRADITIONAL GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - High Biceps Curl



20 REPS

TRADITIONAL GRIP

TGRIP
TGRIP Suspension Straps

ALTERNATIVE
Generic Straps



DAY 5

PULL

SPEED SET 2

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Upright Row



15 REPS

CENTER GRIP

TGRIP

Original T-Grip Bar

ALTERNATIVE

Standard Bar

EXERCISE 2 - Face Pull



20 REPS

CENTER GRIP

TGRIP

Original T-Grip Bar

ALTERNATIVE

Standard Bar

EXERCISE 3 - High Row



25 REPS

HAMMER GRIP

TGRIP

T-Grip MAXX Bar

ALTERNATIVE

Row Attachment

EXERCISE 4 - I-Y-T Rear Delt



10 REPS Each

SINGLE HANDLES

TGRIP

Resistance Bands

ALTERNATIVE

Generic Bands

EXERCISE 5 - Bicep Curl



25 REPS

TRADITIONAL GRIP

TGRIP

Original T-Grip Bar

ALTERNATIVE

Standard Bar

SPEED SET 3

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Spider-Man Plank



EXERCISE 2 - Plank Jack



DAY 6

PULL

SPEED SET 1

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Bodyweight Squat



30 REPS

EXERCISE 2 - Pull Through



25 REPS

TGRIP

Resistance Bands

ALTERNATIVE

Generic Bands



DAY 6

PULL

SPEED SET 1

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Reverse Lunge



12 on each side

WIDE OVERHAND GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Bodyweight Step-Ups



20 on each side

EXERCISE 3 - Bodyweight Lunge



20 on each side

