

DAY 1

FULL BODY

CIRCUIT 1

Rest 60 seconds between each set

5 SETS

EXERCISE 1 - Back Squat



15 REPS

WIDE OVERHAND GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Overhead Press



15 REPS

WIDE OVERHAND GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Push-Ups



20 REPS

HAMMER GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - Triceps Extension



20 REPS

CENTER GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

CIRCUIT 2

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - RDL



15 REPS

HAMMER GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Bent Row



20 REPS

HAMMER GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - I-Y-T Rear Delt



10 REPS Each

SINGLE HANDLES

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 4 - Curl & Press



15 REPS

HAMMER GRIP

TGRIP
Original TGRip Bar

ALTERNATIVE
Standard Bar



DAY 1

FULL BODY

CIRCUIT 3

Rest 60 seconds between each set

5 SETS

EXERCISE 1 - Squat & Press



15 REPS

HAMMER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Upright Row



15 REPS

CENTER GRIP

TGRIP
Original T-Grip Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Leg Raise (Band Knee Tuck)



20 REPS

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 4 - Cross Crunches



20 REPS

DAY 2

CARDIO

SPRINTS

Sprint, then rest until your heart rate comes down. Repeat as many times as possible for 30 minutes.

100-meter to 400-meter

30 MINUTES



As you get in better shape, you will find that your heart rate comes down faster, and you will be able to do more sprints in 30 minutes.



This can be done on a treadmill as well.



If you have access to a beach, make it really tough and run your sprints in the sand.
















DAY 3

FULL BODY

CIRCUIT 1

Rest 60 seconds between each set

5 SETS

| | | | |
|--|------------------|---|---|
| EXERCISE 1 - Bodyweight Split Squat  | | | |
| 15 REPS each side | | | |
| EXERCISE 2 - Chest Press  | |  |  |
| 15 REPS | TRADITIONAL GRIP | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |
| EXERCISE 3 - Face Pull  | |  |  |
| 20 REPS | CENTER GRIP | TGRIP TGrip MAXX Bar | ALTERNATIVE Row Attachment |
| EXERCISE 4 - Triceps Pressdowns  | |  |  |
| 20 REPS | MAXX GRIP | TGRIP TGrip MAXX Bar | ALTERNATIVE Row Attachment |
| EXERCISE 5 - Single Arm Biceps Curl  | |  |  |
| 20 REPS each arm | SINGLE HANDLE | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |

DAY 3

FULL BODY

CIRCUIT 2

Rest 60 seconds between each set

5 SETS

EXERCISE 1 - Squat & Row



20 REPS

HAMMER GRIP

TGRIP
TGRIP MAXX Bar

ALTERNATIVE
Row Attachment

EXERCISE 2 - Lat Pull



20 REPS

HAMMER GRIP

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 3 - Front Raise



10 REPS

HAMMER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 4 - Side Raise



10 REPS

TRADITIONAL GRIP

TGRIP
Resistance Bands

ALTERNATIVE
Generic Bands

EXERCISE 5 - Rear Delt Raise



10 REPS

TRADITIONAL GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

CIRCUIT 3

Rest 60 seconds between each set

4 SETS

EXERCISE 1 - Hammer Curl



20 REPS

HAMMER GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Triceps Extension



20 REPS

TRADITIONAL GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 3 - Plank



Hold for 1 min

EXERCISE 4 - Side Plank



Hold for 45 seconds each side



DAY 4

CARDIO

SPRINTS

Sprint, then rest until your heart rate comes down. Repeat as many times as possible for 30 minutes.

100-meter to 400-meter

30 MINUTES



As you get in better shape, you will find that your heart rate comes down faster, and you will be able to do more sprints in 30 minutes.



This can be done on a treadmill as well.



If you have access to a beach, make it really tough and run your sprints in the sand.

DAY 5

FULL BODY

CIRCUIT 1

Rest 60 seconds between each set

5 SETS

EXERCISE 1 - Front Squat



12 REPS

WIDE OVERHAND GRIP

TGRIP
Original TGRIP Bar

ALTERNATIVE
Standard Bar

EXERCISE 2 - Bodyweight Squat



30 REPS





















DAY 5

FULL BODY

CIRCUIT 2

Rest 60 seconds between each set

5 SETS

| | | | | |
|-------------------------------------|--------------------|---|---|---|
| EXERCISE 1 - RDL | |  |  |  |
| 15 REPS | HAMMER GRIP | | TGRIP Original TGRIP Bar | ALTERNATIVE Standard Bar |
| EXERCISE 2 - Row | |  |  |  |
| 15 REPS | WIDE OVERHAND GRIP | | TGRIP Original TGRIP Bar | ALTERNATIVE Standard Bar |
| EXERCISE 3 - Lat Pull | |  |  |  |
| 20 REPS | HAMMER GRIP | | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |
| EXERCISE 4 - Pull-Overs | |  |  |  |
| 25 REPS | SINGLE HANDLES | | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |
| EXERCISE 5 - Face Pull | |  |  |  |
| 20 REPS | CENTER GRIP | | TGRIP TGRIP MAXX Bar | ALTERNATIVE Row Attachment |
| EXERCISE 6 - Rear Delt Raise | |  |  |  |
| 20 REPS | TRADITIONAL GRIP | | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |
















DAY 5

FULL BODY

CIRCUIT 3

Rest 60 seconds between each set









5 SETS

| | | | | |
|---|--------------------|---|---|---|
| EXERCISE 1 - Chest Press | |  |  |  |
| 20 REPS | TRADITIONAL GRIP | | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |
| EXERCISE 2 - Overhead Press | |  |  |  |
| 20 REPS | WIDE OVERHAND GRIP | | TGRIP Original TGRIP Bar | ALTERNATIVE Standard Bar |
| EXERCISE 3 - Overhead Triceps Extensions | |  |  |  |
| 10 REPS | TRADITIONAL GRIP | | TGRIP TGRIP MAXX Bar | ALTERNATIVE Row Attachment |
| EXERCISE 4 - Triceps Pressdowns | |  |  |  |
| 10 REPS | MAXX GRIP | | TGRIP TGRIP MAXX Bar | ALTERNATIVE Row Attachment |
| EXERCISE 5 - Biceps Curl | |  |  |  |
| 10 REPS | TRADITIONAL GRIP | | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |

CIRCUIT 4

Rest 60 seconds between each set

4 SETS

| | | | | |
|------------------------------------|------------------|---|---|---|
| EXERCISE 1 - Wood Choppers | |  |  |  |
| 20 REPS | TRADITIONAL GRIP | | TGRIP Resistance Bands | ALTERNATIVE Generic Bands |
| EXERCISE 2 - Oblique Twist | |  |  |  |
| 20 REPS | TRADITIONAL GRIP | | TGRIP Original TGRIP Bar | ALTERNATIVE Standard Bar |
| EXERCISE 3 - Alt Leg Raises | |  | | |
| 10 REPS | | | | |
| EXERCISE 4 - Hip Thrust | |  | | |
| 20 REPS | | | | |

