

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 			
<input type="text" value="15 REPS each side"/>			
EXERCISE 2 - Chest Press 			
<input type="text" value="15 REPS"/>	<input type="text" value="TRADITIONAL GRIP"/>	TGRIP Resistance Bands	ALTERNATIVE Generic Bands
EXERCISE 3 - Face Pull 			
<input type="text" value="20 REPS"/>	<input type="text" value="CENTER GRIP"/>	TGRIP TGrip MAXX Bar	ALTERNATIVE Row Attachment
EXERCISE 4 - Triceps Pressdowns 			
<input type="text" value="20 REPS"/>	<input type="text" value="MAXX GRIP"/>	TGRIP TGrip MAXX Bar	ALTERNATIVE Row Attachment
EXERCISE 5 - Single Arm Biceps Curl 			
<input type="text" value="20 REPS each arm"/>	<input type="text" value="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















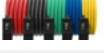
DAY 5

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				

