

Workout Builder

Use the following tables to create your own workout!

Use the “Workout Ideas” table as a guide for combining items from the “Exercises” table to create a program customized to your needs.

Cardio	Progressions	Resistance
Air bike	Quadruped	Bodyweight
Run	1/2 kneeling	Dumbbell
Step mill	Kneeling	Kettlebell
Row	Standing	Barbell
Bike	Unilateral	Medicine Ball
Ski	RFE	Weight Plate
Elliptical	Plane	Bands
		TRX
		Cable
		Sandbag
		Landmine

Sets/Reps	
2-5 sets	
Strength	1-6 repetitions
Hypertrophy	8-12 repetitions
Muscular Endurance	15+ reps

Exercises

	Push	Pull	Squat	Hinge	Carry	Core/Rotation	Power
Bilateral	Push-up Bench OH press Chest fly	Pull-up Inverted row Lat pull downs Cable row Bent over row Back fly	Bodyweight squat Goblet squat Back squat Front squat Overhead squat	Deadlift Bridg Good morning Back extension Hip thrust	Farmer carry Rack carry OH carry MB carry Sandbag carry	Plank Roll-out Hollow hold Hanging leg raise	Clean Snatch Jump rope Tire flip Jumps Throws
Unilateral	SA bench press SA OH press SA push-up	SA cable row SA bent row Plank row	Split squat RFE Split squat Lunge OH lunge	SL bridge SL DL	Offset rack Offset OH carry Offset suitcase	Get-up Side plank Bird dog Chop Windmill Press out	Ropes SL box jump Slams
Explosive	Plyo push-up MB slam	Plate pulls	Jump squats Plyo lunge Box jump	KB swing MB slam MB clean		Slams	All

Workout Ideas

Total Body Circuit Workout	Superset Workout	Split Workout Lower	Split Workout Upper	Interval Options
2-5 sets at least one exercise each	2-5 sets for each couplet	2-5 sets of each exercise	2-5 sets of each exercise	Positive Rest
Push	Push/Pull	Squat	Push	1:1 work to rest
Pull	Squat/Hinge	Hinge	Pull	30:30
Squat	Push/Pull	Squat	Push	60:60
Hinge	Squat/Hinge	Hinge	Pull	1:2 work to rest
Carry	Core	Squat	Push	20:40
Core		Hinge	Pull	10:30
Power		Carry	Core	1:3 work to rest
		Core		15:45
				Negative Rest
				20:10
				30:20
				60:30