

## Strength

Stations

Rope waves 1min

RM high row pulls 1min

Ball slams 1min

Suspended push up hold

1 round

DB Front raise to lateral raise 30sec

w10-16 m20-30

Shoulder press 30sec to hold 30sec (SWA)

RB tricep kick backs 30sec to KB tricep ext 30sec w15-25 m25-44

DB bicep curls 30sec DB hold 1min w20-30 m40-60

DB rows 30/30 Hold SWA

Bridge chest press 1min (SWA)

1 round

Bench press 10 w45-120 m95-225

Pull ups 8

Hang cleans 6 w35-95 m75-135

BB rows 6 (SWA)

KB get ups 8 w5-25 m15-44

KB High sumo 8 w25-44 m35-80

KB lawnmower 12 (SWA)

RM tricep ext 20

SB wing press 10 w20-50 m30-80

30min total 3-5min brink

## Strength

Back w10-30 m20-50

30/30 Single arm plank row

30 DB lying T ext SWA

30/30 DB Reverse grip rows SWA -Hold

Shoulders w10-24 m16-30

30 DB standing Arnold Press to shoulder press SWA

30 Around the world shoulder raises

30 DB Y to rear flys

30 DB wipers

Biceps w16-30 m30-50

30/30 curl circles

30 Hammer curls

30 Upright curls

30 Alt tension curls

30/30 DB concentration curl (chair)

10 Bench press

8 Reverse pull ups

10 Hanging Medball knee tucks w10-150 m15-20

8 hang cleans to OH press

14 DB heavy curls

10 cliff Hanger push ups

10 Suspended tricep ext

10 KB Tricep ext

Brink: tug of war

Towel run

DB Lying T ext

## Strength

Plate push out 30/30/30 w5-10 m25

DB Bicep.curls 30 to Hammer curls 30sec w24-30 m

30 Bicep Hold to Hammer Hold 30

5pt shoulder raises 30 w10-16 m20-30

Superman snow Angel's (arms come out in front then behind) 30 Skydivers 30

DB rows to kickback 30 to Row hold 30sec

RB tricep ext 1min

Bench press HAP 4

Pull ups 10

RM tricep ext 25

KB OH tricep ext 6 w25-44 m35-80

BB bicep curls 6.w35-55 m65-105

SB wing press 10 w20-40 m30-100

Suspended narrow pulls 20

KB.get ups 8.w5-25 m10-44

Brink

Wall.scapula hold

KB.waiter.walks

BB partner hols

## Strength

1 min Squat DB punches w 10-16 m  
30/30/30 Plate push out  
1 min OTC Push ups  
30/30 Side plank press shoulder  
30/30 High plank plate slide  
30/30 front hold lateral hold  
30/30 Front waves to lateral waves  
30/30 High plank rows  
30/30 Bicep curls to Hammer curls  
30/30 Cross Body curls to hamner hold  
30/30 Bicep hold to push outs  
30 /30 Bent over reverse shoulder raises 30 DB shoulder press  
30 KB tricep ext  
30 DB bent over kick backs

20 SB cheat press  
10 Suspended pulls  
10 wide pulls  
40 RM single arm pull  
15 KB high row sumos  
10 Pull ups  
1x Ladder push ups  
15 Standing KB high sumo  
10 KB get ups  
20 SB single arm press  
20 LAWN MOWER ROWERS

Brink:

6 inch leg hold

Rm Tricep ext

Rope swings

MB ball slams

Core:

Choose

## Strength DAY

STRENGTH DAY 🏋️

RECOMMENDED WT w10-40 m20-60

This is in TOTAL weight! Make adjustments as needed throughout the workout.

Hey Fit Factory Fam! Here is an upper body workout designed to hit nothing but your upper body muscle groups. Chest, shoulders, biceps and back. Go through out each movement 📄 and repeat until 25 minutes are up! Lower your weights as needed especially during the shoulders. But.. remember this is a strength day! 🏋️

So go hard or go home! Oh wait hahahahah... 😂 we are already at home 😊

LOCKDOWN! 📵 so stay your butts 🍑 at home 🏠 be safe!

Set your ⌚ and let's Go!! Let us know if you have any questions about this workout 😊

25 PUSH UPS (of course you can modify to your knees if needed)

30 SEATED DIPS floor or chair

30 DB BICEP CURLS (15 each arm heavy weights!)

30 DB HAMMER CURLS (15 each arm Heavy weights!!)

30 DB BRIDGE NARROW CHEST PRESS (Lying on floor keeping hips up and knees up squeezing the glutes 🍑)

30sec FRONT SHOULDER RAISES

( tip.. decrease your weight!)

30sec LATERAL SHOULDER RAISES ( tip.. decrease your weight!)

30 DB ROWS PALMS UP 📶 (tip.. squeeze shoulder blades behind with each row )

1min HIGH PLANK SHOULDER TAPS

30sec CLIMBING PLANK

(Start in plank on elbows then walk up to a high plank)

Burn more: set your core on 🔥

40 sit ups

1min Mt climber's

1min Toe reaches (lay flat on back reach up and touch toes)

1min Plank hold (a plank is on elbows)

1min 6 inch leg hold (lying flat on back legs ext. hold up for 6inches)

2xs (do this twice no rest!)

## Strength

30/30 half burpee to 5 ball slams wall balls  
1 min RM Bicep curls  
30/30 High plank single arm rope swings  
30/30 suspended reverse flys to suspended push ups hold  
1 Round

30/30/30 bicep curls to press/Hammer / cross body curls  
1 min 6inch leg hold with palm chest press w5-25 m10-25  
1 min Push up OTC  
30/30 Squat DB shoulder raises/ HOLD  
w10-20 m20-30  
1 min DB standing tricep press SWA

1 Round

Ccx

Bench press 25 w35-65 m65-135  
KB high Sumo 15 w15-44 m35-53  
Reverse Pull ups 8  
Hang cleans to OH press 7 w35-75 m55-95  
DB Bicep curls 12 DB w20-50 m50-100  
5 SB 5 PT Shoulder raises w10-16 m20-30  
BB rows 15 w35-75 m75-95 \*underhand  
SB single arm press 3  
14 Suspended single arm pulls  
Standing OH KB tri ext 10 w15-44 m25-53  
Pike push ups 10  
30min total

Brink: DB hold with leg raises w15-20 m25-30  
30/30 Arms crossed leg lifts  
30/30 Superman hold with DB /swimmers w10-16  
30/30 Side plank knee to elbow crunches  
30/30DB standing single arm crunch SWA  
Reverse plank hold

## Strength

1 min RM tricep ext  
1 min Rope Swings  
30/30 2hands in 2out Ladders /2 up and down  
30/30 Wall balls /SLAMS  
1 Round

1 min OTC Walking plans  
30/ Bicep Curls w16-30 m30-50  
30 /Alt Cross body curls SWA  
30/30 Hammer curls /Hold  
30/alt single arm lateral raise to double raise 30 front raise hold  
30 DB rows to Kick Back 30sec Hold SWA  
1 MIN Bridge narrow grip press SWA  
30/KB High Sumo/ Hold w15-44 m35-53  
30/KB OH tri-ext  
30 30 30 Plate push out w5-10 m10-25  
6min

12 Bench press w35-120 m95-195  
7 BB Row underhand w35-75 m65-95  
KB Lawnmower w20-44 m35-53  
12 SB single arm press w24-50 m30-100  
8 Pull ups  
14 DB curls w24-50 m50-100

## BRINK

30sec Core Bears  
30 Double elbow crunches  
Seated knee tucks  
Push ups OTC

Brain game



## Strength

30 DB curl to reverse press  
30 DB renegade rows  
30 hammer curls to 30 wide outs  
30 DB bicep pulses to 30 Bicep Hold  
30 zottaman curls 30 overhand hold  
30/30 thread the needle  
30/30 Bird dog tricep kickback  
1 min 6 inch hold plate push out  
30/30 Bridge single arm press  
KB OH tricep ext 30sec

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Push ups 30sec  
30 DB shoulder press  
30 front raise hold  
30 lateral weaves  
30/30 Single arm plank to side reach

8 Bench press down slow 4 count explode up  
8 burpee to pull ups  
8 hanging Medball knee tucks or 25 seated knee tucks  
10 Dive bomber push ups  
25 push ups  
10 KB get ups  
KB waiter walks 4xs  
Suspended wide pulls 10 narrow pulls 10  
BB high Sumo

Brink:

Rm high row pulls  
Battle ropes  
High plank quick hands  
KB high sumo  
Suspended holds  
Balance disc hold to twist

## Strength

### Biceps

1 min DB Bicep curls to press w16-20 m24-30

30 Wide curls (swa)

30/30 single arm hammer curl Hold (swa)

30/ close grip curls

### Triceps

1 min

Lying reach and ext

30/30 Single arm OH ext

30/30 Lying single arm ext Hold

30sec Shoulder wipers

30sec Front raise weaves

Bench Press 25 w35-55 m65-135

BB Row 15 w35-65 m65-95 \*underhand

KB high sumo 15 w20-35 m35-44

KB lawnmower 30 SWA

Hang cleans 15 SWAa

Pull ups 8

SB single arm press 30 w20-30 m40-60

Ladder push ups 1x

### Brink:

Sled pulls ladies Sled push

SB superman hold

Suspended push up hold

## Strength

30 (3x) Plate push out w5-10 m10-25

30 Push ups OTC

30 DB Bicep curl / Hammer /Cross w20-30 m30-50

30 Bicep hold / Hammer hold

30/30 seated shoulder press to front raise SWA

30 lateral weaves

30 Wipers

30 DB single leg Alternating lateral shoulders raise w5-10 m10-25

30/30 KB High sumo to Hold 15-25 m25-45

30 DB kick back w10-20 m15-30

15 Bench press

Suspended pulls 10 wide 10 narrow

BB Bicep curls

20 KB lawnmower w25-44 m35-53

10 KB tricep ext w15-35 m25-53

10 SB wing press w20-40 m30-80

10 cliffhanger push up

Brink:

## Strength

1 min RB curl pulses

30/ RB full curls

30/ RB half curls

30/ RB front pulses

30/ RB lateral pulses

30/ RB front raises

30/ RB lateral raises

1 min RB tricep ext

30/30single leg bridge DB arm pres

1 min bridge DB chest press

2 round warm up

8 Pull up

20 Bench press w35-65 m85-135

15 DB bicep curls \*both same time 15 w20-40 m30-80

15 DB Hammer curls SWA

10 DB standing shoulder press (SWA)

10 KB standing High Sumo w20-44 m35-53

7 KB OH tricep ext SWA

20 KB lawnmower SWA

KB/DB lateral marching waiter's down and back on turf w15-35 m25-44

33min total

Burn more challenge

Swimmer push ups to plate push w25 m45

On turf down and back

## Strength

Shoulders w10-16 m16-24

30/30 High plank lateral shoulder weaves

30×3 Standing alt Shoulder press /Shoulder press/ shoulder push ou

Back 10-20 m16-24

30/30 Sea saw rows to underhand rows w20-30 m30-50

30 underhand row

30 Superman hold

30 DB Swimmers

Biceps

30/30 Seated Concentration curl

30 hammer curls

30/30 circle curls

30 Wide curls

Tricep

1 min Lateral lying tricep press

30 standing OH tri ext

30 Reverse twist OH ext

30 min alt Kickbacks

30sec Seated ext

Chest

1 min Standing upward fly

30 Reverse wide press

30 Bridge narrow press

20 Bench press

7 BB high sumo

10 Archer Rows

10 Landmine squat rotational press

KB get ups

15 +Suspended reverse grip pulls

## Strength

1 min DB squat punches

30 30 30 Shoulder press

30/30 Bicep circles

30/30 Hammer cross Body

30/30 DB Bridge Narrow / press

30/30 DB kick backs /OH tricep ext

30 Push ups

30 High plank plate slide

15 Bench press

8 KB get ups w5-25 m10-44

16 KB lawn mower w20-44 m35-53

7 BB Bicep curls w35-45 m55-95

7 BB Row overhand SWA

15 decline push ups

5 YTA

## Strength

30 High plank shoulder tap combo

30sec OTC Push ups

30/30 Seated single arm shoulder press w10-20 m15-30

30/30 MB catches to MB knee ups w10-15 m15-30

30/30 Reverse grip front Raise to Reverse grip hold w10-20 m16-24

High plank shoulder lateral raises

30/30 Wipers to Wings

30 Zottaman curls

1min 6 inch leg hold w Narrow press w16-30 m30-50

30 DB4count Bicep curls SWA

30/30 DB Kneeling curls

30 DB cross body curls

30 DBHammer hold

30/30 DB Bent over Rows to Hold

30sec KB tricep ext

30 DB kick Back

1min DB Squat punches

30/30 Bear crawl single leg Hold

12min

Bench Press 4 reps HAP w45-130 m135-245

BB bicep curls 6 w35-55 m55-95

20 decline push ups Box or Bosu

12 KB lawn Mower w25-44 m44-80

6 SB wing press w20-40 m30-80

Land mine squat to press 10 w55-75 m75-105

8 KB high sumo w25-44 m35-80

8 KB get ups SWAu

6/8 Burpee to pull up FF modified-pull up 8

More work!

Hand stand push ups 4

Leg raise pull ups 4

50 push ups

15 (5-5-5) pull ups mod8

Bear crawls 3x3 (2 forward to 2 backward)

FF lap

Kneeling landmine press  
RB High Row pulls

## strength Day

SEATED DB BICEP HOLD

ROW MACHINE TRI EXT

ROPE SWINGS

Seated high sumo hold

RB lat pull down 30/30hold

Ball slams 30/squat to press 30

2 rounds

BB curls 8 w35-55 m45-75

DB Hammer curls 15 w24-50 m40-80

DB cross body curls 20 (SWA)

DB rows 20 (SWA)

KB clean to press 12 w15-35 m25-53

Push up w plate 20 w10-25 m25-45

KB get ups 8 w5-25 m10-44

5 pt shoulder raises 6 w10-16 m16-30

Suspended bicep body curls 10

KB OH tricep ext 15 w15-25 m25-44

## Strength

30 Push ups

Biceps w16-30 m20-50

30/30 Bicep hold with curl

30/30 hammer hold to cross body curls

30/ bicep curls to hammers

Shoulders w10-16 m16-30

1 min 4count press up and down

30 Wipers

30sec front weaves

30sec DB elbow raises to wide out

30sec lateral hold

1 min KB sumo hold 30sec reps w20-44 m35-53

Triceps w15-35 m25-44

30 Narrow push up

30 KB tricep ext

30 DB bent over Rows to Kick backs

30 seated dips

Complete 3 Rounds

Bench Press 20 w35-85 m85-195

8 KB get ups 8w5-25 m10-44

20 SB single arm press w20-40 m50-100

20 High plank shoulder raises w5-10 m10-15

20 Push up w Plate w-10-25 m25-45

10 Heavy Bicep curls w24-50 m80-100

15 BB rows underhand w35-75 m65-95

10 Pull ups

Brink

dead Bug w Crunch

High plank shoulder tap

4 Crab kicks to Dip

Hand tap pushup

Butterfly core ups



## Strength

1 min Stand RM tricep

Rope swings with bands

30/30 Ladders quick hands in out of box to Push ups in box

30/30 Kneeling oblique MB throws

Squat hold with plate on bosu

1 min RB curls

30/30 Lateral shoulder raise and press w10-16 m16-30

30/30 Bent over 3pt tricep ext to OH tri-ext

SWA

30 DB Bicep curl -Wide- Hammer

w20-30 m30-50

30 Bicep.hold

4 Bench press HAP w55-120 m155-255

8 BB curls w35-65 m65-95

8 BB rows SWA

8 KB standing High sumo w25-44 m44-80 12KB cleans (SWA)

15 SB push ups

8 KB get ups (SWA)

8 Pull ups

8 SB DB wing press w20-40 m40-80

## Strength

Choose the recommend weight the challenge is to stay with same weight through out the warm up!

30/30/30 DB shoulder press lateral raise w hold w10-16 m16-30

30/30 Plate plank side to Push ups

W10-25 m45

30/30/30 DB standing chest press Bridge chest press DB punches ground and pound

30/30/30 DB Bent over Rows hold to Bent over Rows

1 min Superman sky divers

30/30/30 DB bicep curls slow count

DB hammer DB zottaman curl

30/30/30 Tricep OH- ext RB ext- seated dips

Bench Press 5 5 5 short mid Full w45-75 m95-155

Hang cleans 7 w35-95 m75-135

Ladder push ups 1x

KB standing High Sumo 10 w20-44 m35-53

Pull ups 8

DB 21s 777 w20-50 m50-80

KB get ups 8 w5-25 m25-53

Ball slams 25 w10-20 m20-30

Suspended wide pulls 15

Brink high knees hold squats 2min

6 inch leg hold high knees 2min

Mental workout

## Strength

High Plank Shoulder taps to push ups OTC1min

DB Hammer curls 30/ Bicep curls 30 /Bicep half to full curls 30sec w20-30 m30-60

DB lateral to front raises 30sec w10-16 m20-30

DB hold to single arm press 30/30

DB squat punches 1min (SWA)

RB tricep ext 1min

Lawn mower's 30/30 w30-50 m50-80

Plate push out 30/30/30 w5-25 m10-25

2 Rounds

Bench press 5 5 w45-65

DB coss body curls 16 w30-50 m60-100

KB high sumo 8 w25-44 m35\_80

KB tricep ext w25-53

BB hang clean to OH press 4 w45-95 m75-135

BB rows 6 (SWA)

30min total

## Strength

30 Bicep curl to Reverse press

## Strength

30sec DB row, curl to press w16-20 m20-30

30 Cross over push ups