

THE DEN

A GYM WORKOUT SERIES

Your virtual gym coach is here! This program will enable you to workout at any gym, anywhere in the world. It will teach you how to make your gym membership 10x more effective without the need of any fancy equipment.

PROGRAM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Upperbody Circuit + Core Shred	Lowerbody Circuit + Core Circuit	Total Body Strength + Endurance + Core shred	Upperbody Circuit 2 + Core circuit 2	Lowerbody Circuit 2 + Core circuit 3	Break Day	Break Day
WEEK 2	Upperbody upgrade + Core Shred	Lowerbody upgrade + Core circuit	Total body Power + Core circuit 2	Upperbody Upgrade 2 + Core circuit 3	Lowerbody Upgrade 2 + Core Shred	Break Day	Break Day
WEEK 3	Upperbody Circuit + Core Shred	Lowerbody Circuit + Core Circuit	Total Body Strength + Endurance + Core shred	Upperbody Circuit 2 + Core circuit 2	Lowerbody Circuit 2 + Core circuit 3	Break Day	Break Day
WEEK 4	Upperbody upgrade + Core Shred	Lowerbody upgrade + Core circuit	Total body Power + Core circuit 2	Upperbody Upgrade 2 + Core circuit 3	Lowerbody Upgrade 2 + Core Shred	Break Day	Break Day
FINALE WEEK							
WEEK 5	Speed & Agility (Powerup 60)	Core & Flow (Powerup 60)					

Please feel free to choose any mobility exercise from the FREEDOM mobility series once a week according to your comfort; it'll be helpful for injury prevention and for you to perform your workouts more efficiently.

UPPERBODY CIRCUIT (Chest, Shoulders & triceps)

WARMUP

8 reps Scapular protraction and retraction
5 reps Cobra stretch
10-10 reps Y & T Raises
5each Shoulder CARs
8 Hand release pushups
Wrist Mobility (All 3 variations)
8reps Elbow CARs

SET 1 (4 ROUNDS)

15 DB / BB chest press
12 Pushups / Incline

SET 2 (4 ROUNDS)

15 DB Chest Fly
12 DB Strict Press

SET 3 (3 ROUNDS)

15 Incline DB Chest press
12 Lateral raises
10 DB front raises

SET 4 (3/4 ROUNDS)

12 Machine tricep extensions
12 OH Tricep extension
12 Close grip push-ups

COOLDOWN

15s x 2 Wall Pec Stretch
Side Lat stretch
6 reps Cobra Stretch
8 reps Scapular protraction and retraction
20s Deadhang

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

12 Cable Ab crunch
25s Hollow hold
12 Hanging leg raises

LOWEROBODY CIRCUIT (Quads & Calves)

WARMUP

6 reps Cobra stretch
6 reps Cat Cow
8 reps Scapular protraction & retraction
4 each side 90-90 Transfer
3 each side ankle mobility
12 Body weight squats
12 Jump squats
12 Glute bridge
20s Deadhang

4/5 ROUNDS

12 BB SQUATS
12 Bodyweight squats

3/4 ROUNDS

15 Machine leg extensions
20 DB Forward lunges / reverse lunges

3 ROUNDS

12 Machine leg press / 12 BB Sumo squats
15 Heel elevated db squats

3/4 ROUNDS

12 DB Calf raises

100/200 JUMP ROPES

COOLDOWN

2x 10s each Standing calf stretch
2x 10s each Static hamstring stretch
2x 15s each Pigeon stretch
6 reps Cobra stretch
4each thread needle stretch
15s Frog stretch
20s Deadhang

CORE CIRCUIT

3 ROUNDS

45s Elbow plank tap out and in
12 Laying leg raises
25s Side plank

3 ROUNDS

12 Toe taps
16 Bicycle crunches
30 Mountain climbers

TOTAL BODY STRENGTH + ENDURANCE

WARMUP

6 reps Cat cow
5 each side 90-90 Transfer
Wrist mobility (3 variations)
10e Y & T Raises
10 Hand release push-ups
10 Hanging shrugs
12 Bodyweight squats
45s Jog/Sprint in place

3/4 ROUNDS

12 DB Ground to OH Press
10 Burpees

3/4 ROUNDS

15/20 DB Chest press
10/15 Push-up jacks

3/4 ROUNDS

10 Pull ups
20 Jump Lunges

3 ROUNDS

8 Devils press

COOLDOWN

2x 15s each pigeon stretch
6 reps Cobra stretch
4 each Scorpion stretch
35s deep squat hold
4 each laying pec stretch
4 each thread needle stretch
25s deadhang

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

12 Cable Ab crunch
25s Hollow hold
12 Hanging leg raises

UPPERBODY CIRCUIT 2 (Back & Biceps)

WARMUP

8 reps Scapular protraction & retraction
12 each Y & T Raises
8 reps Cat Cow
Wrist mobility (3 variations)
8 reps Elbow CARs
12 Band pull apart
10 reps hanging shrugs

4 ROUNDS

12 Machine Lat pull-down
20 Db alternate curls

4 ROUNDS

12 Machine Rows
12 Machine Curls

3 ROUNDS

12 Machine lat pushdown
7-7-7 Curls

OVERTIME

12 DB Renegade rows
25s Pushup hold
12e Concentration curls

COOLDOWN

20s Deadhang
2 reps each Standing Side lat stretch
3 each side Thread needle
6 reps Cobra stretch
8 reps Cat Cow
6 reps Scapular protraction & retraction

CORE CIRCUIT 2

3 ROUNDS

25s Hollow hold
60s Elbow plank
12 DB Pass through

3 ROUNDS

25s Side planks with db
25s Flutter kicks
12 Deadbug

LOWEROBODY CIRCUIT 2 (Hamstring, gluteus & abductors)

WARMUP

5 each 90-90 Transfers
8 reps Lumbar Focus
12 Glute bridge or w/ band
6 reps Cobra stretch
12 Hanging shrugs
12 Jump squats
45s Jog in place

4 ROUNDS

12 BB/DB Deadlift
2x 20 Sumo squat pulses

3/4 ROUNDS

12 BB/DB Hip Thrust
12e Bulgarian split squat

4 ROUNDS

12 Machine leg curls
20 In & Out jump squats
15 Elevated glute bridge

3/4 ROUNDS

16e Banded Clamshells
15e Banded kickbacks

MODERATE INTENSITY TREADMILL FOR 15 MINS

COOLDOWN

12s each static hamstring stretch
3 each x 15s Pigeon stretch
12s each standing quad stretch
12s each inner hip stretch
6 reps Cobra stretch
8 reps Cat Cow
25s Deadhang

CORE CIRCUIT 3

3 ROUNDS

25s Band or Cable stability hold to 10 Pull of press
2x 60s Single hand heavy db carry
12 Hanging leg raises

3 ROUNDS

12 Toe taps
20 Bicycle crunches
12 Laying leg raises

UPPERBODY UPGRADE (Chest, Biceps & triceps)

WARMUP

Wrist mobility (3 variations)
6 reps Scapular protraction & retraction
4 Childs pose to cobra stretch
8 Inchworm pushups
2x 8 Knee pushups
10 Deadhang shrugs

3/4 ROUNDS

10 DB Pause reps (4s)
12 DB Curls (4s)
45s Push-ups (optional)

3/4 ROUNDS

10 Machine chest fly (4s & 2s pause)
12 DB Zottman curls
35s Incline push-ups (optional)

3 ROUNDS

10 Incline db chest fly (4s)
12e single hand tricep extension
12 Reverse grip pull-ups

COOLDOWN

2x 15s Standing wall pec stretch
2x 15s Side pec stretch
20s Deadhang
6 reps Cobra stretch
8 reps Cat Cow
8 reps scapular protraction & retraction

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

12 Cable Ab crunch
25s Hollow hold
12 Hanging leg raises

LOWERBODY UPGRADE (Quads & Calves)

WARMUP

6 reps Cat Cow
8 reps Cobra stretch
4 each Greatest Stretch
2x 15s each Ankle mobility
20s Deep squat hold
6 each 90-90 Transfers
10 each Lift Offs
15 Bodyweight squats
4 each Standig HIP CARs
45s Jog in place

4 ROUNDS

10 BB/DB Pause squats (4s)
12 High jumps

3/4 ROUNDS

10 Machine Pause Leg extensions (4s)
12e Db step ups or 12e Static lunges

3 ROUNDS

20 Walking lunges
45s Wall sits

1 ROUND

3x 10s 10s pause 10s Goblet squats
3x 15 DB Calf raises
2x 100 Jump Ropes

COOLDOWN

2x 15s each Standing Quad stretch
2x 15s each Pigeon Stretch
2x 15s Inner hip stretch
2x 15s each Standing Calf stretch
6 reps Cobra stretch
6 reps Cat Cow
25s Deadhang

CORE CIRCUIT

3 ROUNDS

45s Elbow plank tap out and in
12 Laying leg raises
25s Side plank

3 ROUNDS

12 Toe taps
16 Bicycle crunches
30 Mountain climbers

TOTAL BODY POWER

WARMUP

6 reps Cat cow
5 each side 90-90 Transfer
Wrist mobility (3 variations)
10e Y & T Raises
10 Hand release push-ups
10 Hanging shrugs
12 Bodyweight squats
45s Jog/Sprint in place

3 ROUNDS

10 DB Thrusters
12 Db curls

3 ROUNDS

10 DB Cleans
12 DB Rows
20 Hop Lunge

3 ROUNDS

10e Db Snatch
10e lateral lunges
60s Elbow plank

COOLDOWN

2x 15s each pigeon stretch
8 reps Cat Cow
6 reps Cobra stretch
4 each Scorpion stretch
35s deep squat hold
4 each thread needle stretch
25s deadhang

CORE CIRCUIT 2

3 ROUNDS

25s Hollow hold
60s Elbow plank
12 DB Pass through

3 ROUNDS

25s Side planks with db
25s Flutter kicks
12 Deadbug

UPPERBODY UPGRADE 2 (Back, shoulders & triceps)

WARMUP

8 reps Scapular protraction & retraction
10 each Y & T Raises
4 each side Greatest Stretch
6 reps Cobra stretch
Wrist mobility (all 3 variations)
8 reps Elbow CARs
8 Hand release push-ups
10 Hanging shrugs or 15s deadhang

4 ROUNDS

10 Machine pause lat pull down (4s)
10 Front to lateral raises

4 ROUNDS

10 Machine pause Rows (4s)
10 Push press (5s)
12 DB Reverse Fly

3 ROUNDS

12e Single hand rows
12 Tricep Dips
12 Db Hang cleans

COOLDOWN

20s Deadhang
4 each Thread needle
8 Scapular protraction and retraction
6 reps Cat Cow
3 each Side Lat Stretch
2x 15s each Pigeon Stretch

CORE CIRCUIT 3

3 ROUNDS

25s Band or Cable stability hold to 10 Pall of press
2x 60s Single hand heavy db carry
12 Hanging leg raises

3 ROUNDS

12 Toe taps
20 Bicycle crunches
12 Laying leg raises

LOWERBODY UPGRADE 2 (Hamstrings & Gluteus)

WARMUP

6 reps Cat Cow
8 reps Cobra stretch
4 each Greatest Stretch
2x 15s each Ankle mobility
20s Deep squat hold
6 each 90-90 Transfers
10 each Lift Offs
15 Glute bridge
4 each Standig HIP CARs
45s Jog in place

4 ROUNDS

10 BB/DB Deadlift (4s)
12e Single leg deadlift

4 ROUNDS

10 Machine leg curls (4s)
12 DB Sumo squats (4s)

3 ROUNDS

10&10e Gluteus medius kickbacks
12 Pause jump squats

2 ROUNDS

12 Bulgarian split squat to 10s Pause to 10 Bulgarian Split squat
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COOLDOWN

2x 15s each Standing Hamstring stretch
2x 15s each Pigeon Stretch
2x 15s Inner hip stretch
2x 15s each Standing Calf stretch
6 reps Cobra stretch
6 reps Cat Cow
25s Deadhang

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

12 Cable Ab crunch
25s Hollow hold
12 Hanging leg raises