

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

LOWERBODY 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

LOWERBODY 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 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

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

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