



PAULVANCE

TRAINING

PAULVANCETRAINING.COM

ONE MONTH

**GYM
WORKOUT**

WEEK 1

MONDAY

WARM UP

- [] **10 Minute Incline Walk w/ Dumbbells**
- [] **5 Sets 10 Reps**
 - 1A) Barbell Lateral Side Lunge
 - 2B) Barbell Walking Lunge (30 total)
- [] **5 Sets 10 Reps**
 - 2A) Sumo Stance Barbell Squats
 - 2B) Split Squats
- [] **5 Sets 10 Reps**
 - 3A) Narrow Stance Barbell Squats
 - 3B) Step Ups
- [] **5 Sets 10 Reps**
 - 4A) Hip Thrusters
 - 4B) Leg Press (Single Leg)
- [] **5 Sets 10 Reps**
 - 5A) Glute Bridge (hold at the top for 5 seconds)
 - 5B) Decline Prone Hamstring Curls

TUESDAY

WARM UP

CONDITIONING

- [] **10 minutes on the stair master**
- [] **1 mile Fan Bike**
- [] **50 Crunches**
- [] **50 Sit ups**
- [] **.75 Mile Fan Bike**
- [] **50 Crunches**
- [] **50 Sit ups**
- [] **.50 Mile Fan Bike**
- [] **50 Crunches**
- [] **50 Sit ups**
- [] **.25 Mile Fan Bike**
- [] **50 Crunches**
- [] **50 Sit ups**
- [] **4 Sets**
- [] **400-meter row**
- [] **50 Bicycle**
- [] **50 Leg raise**
- [] **10 minutes on the stair master**

WEDNESDAY

WARM UP

- [] **45 Seconds on 15 seconds off. 4 sets of each**
 - 1A) Rope Hammer Curls
 - 1B) Rope Overhead Extension
- [] **45 Seconds on 15 seconds off. 4 sets of each**
 - 2A) Incline Curls
 - 2B) Incline Skull Crushers
- [] **45 Seconds on 15 seconds off. 4 sets of each**
 - 3A) Ez Bar Curls
 - 3B) V Bar Pushdowns
- [] **45 Seconds on 15 seconds off. 4 sets of each**
 - 4A) DB Curls
 - 4B) DB Kickbacks
- [] **45 Seconds on 15 seconds off. 4 sets of each**
 - 5A) TRX Curls
 - 5B) TRX Tricep
- [] **45 Seconds on 15 seconds off. 4 sets of each**
 - 6A) DB Hammer Curls
 - 6B) Dips

THURSDAY

WARM UP

ALL DUMBBELLS

- [] **5 Sets**
 - 1A) Sumo Squats (15)
 - 2B) Stationary lunges (10)
- [] **5 Sets**
 - 2A) Front Squats (12)
 - 2B) Elevated Lunges (10)
- [] **5 Sets**
 - 3A) Leg Press (12)
 - 3B) Leg Extension (10)
- [] **5 Sets**
 - 4A) TRX Side Lunge (12)
 - 4B) Leg Curl (10)
- [] **5 Sets**
 - 5A) Side Press (12)
 - 5B) Stiff Leg (10)

FRIDAY

WARM UP

- [] **5 Sets 10 Reps**
 - 1A) Seated DB Shoulder Press
 - 2B) Single Arm Rows
- [] **5 Sets 10 Reps**
 - 2A) Wide Grip Lat Pulldowns
 - 2B) Cable Side Raise
- [] **5 Sets 10 Reps**
 - 3A) Close Grip LAt Pulldowns
 - 3B) Upright Row
- [] **5 Sets 10 Reps**
 - 4A) Low Row Pulley (Triangle Attachment)
 - 4B) Straight Bar Front Raise
- [] **5 Sets 10 Reps**
 - 5A) Barbell Rows
 - 5B) DB Shrugs

SATURDAY

WARM UP

- [] **4 Sets 10 Reps**
 - 1A) Barbell Flat Bench
 - 2B) Sit Ups (25)
- [] **4 Sets 10 Reps**
 - 2A) Barbell Incline Bench
 - 2B) Crunches (25)
- [] **4 Sets 10 Reps**
 - 3A) Cable Fly
 - 3B) 1 minute plank
- [] **4 Sets 10 Reps**
 - 4A) Laying Cable Fly
 - 4B) Sand Scoops (15)
- [] **4 Sets 10 Reps**
 - 5A) Close Grip Press
 - 5B) Jack Knives (15) (I'll have a video)

WEEK 2

MONDAY

WARM UP

- [] **1A) Deadlift MAX**
 - 1B) 3 sets of 6 at a light weight after we find max
- [] **2A) Bench MAX**
 - 2B) 3 sets of 6 at a light weight after we find max
- [] **3A) Squat MAX**
 - 3B) 3 sets of 6 at a light weight after we find max
- [] **4A) Strict Press MAX**
 - 4B) 3 sets of 6 at a light weight after we find max
- [] **5 Sets 10 Reps**
 - 5A) Back Extension
 - 5B) Pull up
 - 5C) Push ups

TUESDAY

WARM UP

10 Minute Incline Walk w/ Dumbbells

CONDITIONING

- [] **100 Calories Fan Bike. Every 2-minute mark 20 Thrusters. Pick up where you left off on the bike.**
- [] **100 Calories Row machine. Every 2-minute mark 20 Thrusters. Pick up where you left off on the row.**
- [] **21 Minutes**
- [] **21 Push Press**
- [] **21 Push ups**
- [] **21 Sit ups**

WEDNESDAY

WARM UP

- [] **6 Sets 5 Reps**
 - 1A) Squats
 - 2B) Banded Sidekicks (15 each)
- [] **4 Sets 10 Reps**
 - 2A) DB Stationary Lunges
 - 2B) Deficit Barbell Stiff Leg
- [] **4 sets 10 Reps**
 - 3A) DB Walking Lunge
 - 3B) Banded Kickbacks
- [] **4 Sets 10 Reps**
 - 4A) DB Curtsy Lunge
 - 4B) Banded Duck Walk
- [] **5 sets**
 - 5A) 1-minute Sprint
 - 5B) Jump Squats (15)

THURSDAY

WARM UP

- [] **7 Rds.**
- [] **7 Burpee DL**
- [] **400-meter Ski**
- [] **21 Pull ups**

- [] **3 Rds. 2 minutes of each exercise**
 - 1) Wall Sit
 - 2) Wall Ball
 - 3) DB Sumo Squats

FRIDAY

WARM UP

- [] **4 Sets 10 Reps**
 - 1A) Push Ups off the barbell
 - 1B) Barbell Rows
 - 1C) Barbell Press
- [] **4 Sets 10 Reps**
 - 2A) DB Bench Press
 - 2B) DB Push Press
 - 2C) DB Dual Press
- [] **4 Sets 10 Reps**
 - 3A) Dips
 - 3B) Side Raise
 - 3C) Pull Ups
- [] **4 Sets 10 Reps**
 - 4A) Overhead Extension
 - 4B) DB Static Hold Curls
 - 4C) High Pulls
- [] **4 Sets 10 Reps**
 - 5A) Zottman Curls
 - 5B) Reverse Fly
 - 5C) Decline Push Ups

SATURDAY

WARM UP

- [] **4 Sets 20 Reps**
 - 1A) Step ups
 - 2B) Walking Lunge
- [] **4 Sets 10 Reps**
 - 2A) Goblet Squats (Toes Elevated)
 - 2B) Split Squat (hold at the bottom for 2 seconds)
- [] **5 Sets 5 Reps**
 - 3A) Squats
 - 3B) Leg Press
- [] **5 Sets 10 Reps**
 - 4A) Side Leg Press
 - 4B) Elevated Glute Bridge
 - 4C) DB Stiff Leg (Point toes outward)
- [] **4 Sets 12 Reps**
 - 5A) Single Leg TRX Hamstring curl
 - 5B) Glute Bridge Hip Abduction



WEEK 3

MONDAY

WARM UP

- [] **15 minutes on the stair master**
All sets are supersets. No rest between sets. Rest when you move on to the next superset of exercises.
- [] **5 sets 12 reps**
1A) Back squats
1B) Stiff leg deadlift with dumbbells
- [] **5 sets 15 reps**
2A) Leg extensions
2B) Machine Hamstring curls
- [] **5 sets 15 reps**
3A) Leg Press
3B) Stationary lunges (15 each leg)
- [] **5 sets 10 reps**
4A) Dumbbell sumo Squats
4B) Split squats
- [] **5 sets 25 reps**
5A) Calf raise
5B) crunches

TUESDAY

WARM UP

- [] **15 minutes on the stair master**
All sets are supersets. No rest between sets. Rest when you move on to the next superset of exercises.
- [] **5 sets 10 reps**
1A) Barbell bench press
1B) Dumbbell rows
- [] **5 sets 10 reps**
2A) Barbell incline press
2B) Wide grip lateral pull downs
- [] **5 sets 12 reps**
3A) Cable fly
3B) Dumbbell reverse fly
- [] **5 sets 12 reps**
4A) Chest press machine
4B) Low row machine
- [] **5 sets 8 reps**
5A) Pull ups
5B) Pushups (Burn out)

WEDNESDAY

WARM UP

- [] **15-minute incline walk on the treadmill.**
10 degrees or higher with the incline. If possible, do the walk with 10 lb. dumbbells. All sets are supersets. No rest between sets. Rest when you move on to the next superset of exercises.
- [] **5 sets 12 reps**
1A) Rope Push downs
1B) Hammer Curls
- [] **5 sets 12 reps**
2A) Overhead rope extension
2B) Standing Dumbbell curls
- [] **5 sets 12 reps**
3A) Incline Curls
3B) Dips
- [] **5 sets 12 reps**
4A) Kickbacks
4B) Straight bar curls
- [] **5 sets 12 reps**
5A) Straight bar push downs
5B) EZ bar curls

THURSDAY

WARM UP

- [] **15 minutes on the upright bike.**
- [] **4 sets of 25 reps**
1A) Sit ups
1B) Crunches
- [] **5 sets 20 reps**
2A) Hip adductor machine
2B) Hip abductor machine
- [] **5 sets 12 reps**
3A) Leg press
3B) Calf raise (20 reps)
- [] **5 sets 15 reps**
4A) Leg extension
4B) Walking lunges (30 reps. Each step is a rep)
- [] **5 sets 15 reps**
5A) Goblet Squats
5B) Heels up (on plates or slants) Stiff leg deadlift

FRIDAY

WARM UP

- [] **10 min abs**
1 min Plank
1 min Sit Ups
Alternate for the whole 10 minute
- All sets are Trisets. No rest between sets. Rest when you move on to the next superset of exercises.
- [] **4 sets 10 reps**
1A) Arnold press
1B) Super Arnold
1C) Shoulder press
- [] **4 sets 12 reps**
2A) Straight Bar Press
2B) Straight Bar High Pulls
2C) Straight Bar Shoulder Shrugs
- [] **5 sets x 12 reps**
3A) Dumbbell Front raise
3B) Dumbbell Side Raise
3C) Dumbbell Push Press
- [] **1 set x 50 reps**
4A) Weighted Crunches
4B) Leg Raise
4C) Bicycles

SATURDAY

WARM UP

- [] **10 minutes on the stair master**
- [] **5 sets 12 reps**
1A) Incline bench press
1B) Close grip lateral pulldowns
- [] **5 sets 10 reps**
2A) Flat bench press
2B) Ez bar curls (12 reps)
- [] **5 sets 20 reps**
3A) Cable fly
3B) Rope curls
- [] **4 sets 12 reps**
4A) Chest press machine
4B) Pushups (burnout)
- [] **5 sets**
5A) 1 min Sprint on the treadmill
5B) Dips (10 reps)
5C) Assisted pull ups (8 reps)

WEEK 4

MONDAY

WARM UP

- [] **10 Minute Incline Walk**
- CONDITIONING
- [] **40 min AMRAP**
- [] **12 Sit Ups**
- [] **12 Two Hand KB Swings**
- [] **12 Lunges (each)**
- [] **12 Squats**
- [] **12 Cal row**
- [] **Cool Down**
- [] **10 Minute Incline Walk**

TUESDAY

WARM UP

- [] **15 minutes on the stair master**
- [] **Row 50 calories**
- [] **50 Dips**
- [] **50 Sit Ups**
- [] **50 Unsupported Seated Shoulder Press**
Followed by 40 of all that, 30, 20 and 10.

WEDNESDAY

WARM UP

- [] **60 minutes cardio**
1A) 30 Minutes of Stairs
2B) 30 Minute Run
- [] **4 sets**
2A) 50 Bicycles
2B) 25 Weighted Crunches
2C) 50 Russian Twists
2D) 25 Toe Touch

THURSDAY

WARM UP

- [] **15 Minutes on the Upright Bike.**
- [] **1600m row**
- [] **40 Standing Barbell Presses**
- [] **40 Side Raise**
- [] **1200m row**
- [] **40 Cleans**
- [] **40 Ft. Raise**
- [] **800m row**
- [] **40 Seated Shoulder Press**
- [] **40 High Pull**
- [] **400m Row**
- [] **40 Smith Machine Shoulder Press**
- [] **40 Shrugs**

FRIDAY

WARM UP

- [] **20 Minutes on the Stairs**
- [] **6 sets**
1 Minute Sprint
10 Med Ball Slams
10 Weighted to unweighted Jump Squats (Video)
10 KB Overhead Swings
10 Box Jumps

SATURDAY

WARM UP

- [] **10 Minute Row**
- [] **19 Minutes AMRAP**
19 Wall Balls
19 Calories Ski Erg
- [] **Rest**
- [] **10 Minutes AMRAP**
TRX Knee Chest
TRX Pikes
GHD Sit Ups