

4 WEEK

FAT FURNACE

NO-EXCUSES

LEVEL UP

BEAST MODE

DAY 1

- Air Squats
- T Hand Release Pushups
- TRX Row
- Split Squats
- Diamond Pushups
- Supermans
- Planks

20 Sec of Work/20 Sec of Rest x 4 Sets [20mins]

- K.B. Goblet Squats: 3x10
- K.B. Overhead Press: 3x10
- K.B. Row: 3x10
- Lunge w/Twist: 2x12
- Dips [assisted]: 2x12
- Banded Face Pulls: 2x12

- Stability Ball Plank: 30 sec On, 30 Off x 2

- Barbell Back Squats: 3x8
- Barbell Bench Press: 3x8
- Barbell Bent Row: 3x8

- D.B. Lunges: 2x12
- D.B. Lateral Raises: 2x12
- D.B. Reverse Flys: 2x1: 30 sec On, 15 Off x 3

- Supine Tuck: 30 sec On, 15 Off x 3

DAY 2

- Box Squats
- Triceps Extensions
- Stability Ball Back Extensions
- Lunges
- Bosu Pushups
- Cobras
- Sit-ups

20 Sec of Work/20 Sec of Rest x 4 Sets [20mins]

- Landmine Squat: 3x10
- Landmine Overhead Press: 3x10
- Landmine Row: 3x10

- Squat Jumps: 2x12
- Diamond Pushups: 2x12
- Banded Pull-Aparts: 2x12

- Stability Ball Sit-Ups: 30 sec On, 30 Off x 2

- Hex Bar Deadlift: 3x8
- D.B. Overhead Press: 3x8
- D.B. Bent Over Row: 3x8

- K.B. Swings: 2x12
- K.B. Bottoms Up Press: 2x12
- Face-Pulls: 2x12

- Russian Twists: 30 sec On, 15 Off x 3

DAY 3

- TRX Squats
- Pike to Pushups
- Banded Pull-Aparts
- Step-Ups
- Stability Ball Pushups
- I, Y, T's
- Side Plank

20 Sec of Work/20 Sec of Rest x 4 Sets [20mins]

- D.B. Front Squat: 3x10
- D.B. Incline Chest Press: 3x10
- D.B. Prone Incline Row: 3x10

- Reverse Lunges: 2x12
- Close Grip Pushups: 2x12
- Banded Bicep Curls: 2x12

- Stability Ball Side Plank: 30 sec On, 30 Off x 2

- D.B. Bulgarian Split Squats: 3x8
- D.B. Renegade Rows: 3x8ea
- D.B. Squeeze Press: 3x8

- D.B. Side Lunges: 2x12
- D.B. Chest Flys: 2x12
- Pull-ups: 2xMax Reps

- Knee To Elbows: 30 sec On, 15 Off x 3

UNBROKEN FITNESS SOLUTIONS

EXODUS (3:14)