

BBB

2021 Commercial Gym Based Program

General guidelines

Workouts

- Split up by body part (Clickable links attached to certain exercises)
 - Upper 1 (Chest, Shoulders, Tri's), Lower 1 (quad focus)
 - Upper 2 (Back/Bi), Lower 2 (Glute/hamstring focus)
 - Upper 3 (Bi's & Tri's)
 - Total body (cardio/core)
 - Cardio and abs will be incorporated after your lifts as listed
- Please log the weight you will use on each movement -- so that you can advance the weight each week as needed
- You should complete a minimum of 3 days cardio for weight loss clients
- Workouts should be no longer than 1 hour if you are working hard and following rest times

SCHEDULE FOR 8 WEEKS

<i>Month 1</i>	M	T	Wed.	Thur.	Friday	Saturday	Sun.
<i>Week 1</i>	BBB Lower 1	BBB Upper 1	Rest	BBB Total 1	BBB Lower 2	BBB Upper 2	Rest
<i>Week 2</i>	BBB Lower 1	BBB Upper 3	Rest	BBB Total 2	BBB Lower 2	BBB Upper 1	Rest
<i>Week 3</i>	BBB Lower 1	BBB Upper 2	Rest	BBB Total 1	BBB Lower 2	BBB Upper 3	Rest
<i>Week 4</i>	BBB Lower 1	BBB Upper 1	Rest	BBB Total 2	BBB Lower 2	BBB Upper 2	Rest
<i>Month 2</i>							
<i>Week 5</i>	BBB Lower 1	BBB Upper 3	Rest	BBB Total 1	BBB Lower 2	BBB Upper 1	Rest
<i>Week 6</i>	BBB Lower 1	BBB Upper 2	Rest	BBB Total 2	BBB Lower 2	BBB Upper 3	Rest
<i>Week 7</i>	BBB Lower 1	BBB Upper 1	Rest	BBB Total 1	BBB Lower 2	BBB Upper 2	Rest
<i>Week 8</i>	BBB Lower 1	BBB Upper 3	Rest	BBB Total 2	BBB Lower 2	BBB Upper 1	Rest



PLEASE READ BEFORE COMPLETING WORKOUTS

****I recommend selecting weights for each exercise that are going to challenge you, get your heart rate up, and produce a solid burn in the targeted muscle. If you complete a set of reps with no challenge, it is too light.**

****Exercises in each circuit should be completed back to back or back to back to back w/ (NO REST)**

****Maintain good form and range of motion throughout all exercises to ensure safe and effective workout**

****Keep track of what weights you are using so that each week you can make progressions as you go**

*****Weeks 1-4 should be more endurance/learning based (still working hard though!)**

*****Weeks 5-8 you should be increasing weight as you the reps go down!**

BBB UPPER 1

***Weeks 1-4:** complete 3-4 rounds of each superset or tri set (with 1-2 min rest between rounds)

***Weeks 5-8:** complete 4-5 rounds of each superset or tri set (with 1-2 min rest between rounds)

*****attempt to push the heaviest weight you can for each exercise with good form**

Circuit 1

Incline DB Press

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Elevated dumbbell push up into mountain climbers

Weeks 1-4: (5 push ups + 10 mountain climbers - repeat 3 times)

Weeks 5-8: (10 push ups + 20 mountain climbers - repeat 3 times)

Circuit 2

Standing DB Arnold Press

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Close grip push up jack

(push up on knees and then come onto toes for the jack as needed)

Weeks 1-4: (10-15 reps)

Weeks 5-8: (20-25 reps)

Circuit 3

EZ bar skull crushers

Weeks 1-4: (15-20 reps)

Weeks 5-8: Increase weight. (12-15 reps)

Plank up down knee tuck

(30 seconds all out)

Circuit 4

Upright row

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Seated lateral raises

Weeks 1-4: (12-15 reps)

Weeks 5-8: (15-20 reps)

CARDIO

Stair stepper minutes

BBB LOWER 1

***Weeks 1-4:** complete 3-4 rounds of each superset or tri set (with 1-2 min rest between rounds)

***Weeks 5-8:** complete 4-5 rounds of each superset or tri set (with 1-2 min rest between rounds)

*****attempt to push the heaviest weight you can for each exercise with good form**

Circuit 1

Angled Leg press (close stance)

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Heel elevated goblet squat

Weeks 1-4: (15-20 reps)

Weeks 5-8: (12-15 reps)

Jump squat

(All out for 30 seconds)

Circuit 2

Smith machine close stance squat

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

DB step up w/ knee drive

Weeks 1-4: (10 reps on each leg)

Weeks 5-8: Increase weight. (8 reps on each leg)

Circuit 3

Leg extension machine

Weeks 1-4: (15-20 reps)

Weeks 5-8: Increase weight. (12-15 reps)

Dumbbell Stationary Lunges

Weeks 1-4: (12 reps each leg)

Weeks 5-8: Increase weight. (8 reps each leg)

Star jumps

(30 seconds)

Circuit 4

DB walking lunges

Weeks 1-4: (26 reps)

Weeks 5-8: Increase weight. (26 reps)

AB circuit to finish

-starfish crunch

-Jackknife w/ twist

-Prayer crunch

(3 rounds - 45 seconds work - 15 seconds rest)

BBB UPPER 2

***Weeks 1-4:** complete 3-4 rounds of each superset or tri set (with 1-2 min rest between rounds)

***Weeks 5-8:** complete 4-5 rounds of each superset or tri set (with 1-2 min rest between rounds)

*****attempt to push the heaviest weight you can for each exercise with good form**

Circuit 1

Assisted Pull Up Machine

Weeks 1-4: (12 total reps)

Weeks 5-8: Decrease assistance. (10 total reps)

Standing straight bar curls

Weeks 1-4: (12-15 reps)

Weeks 5-8: Increase weight. (8-10 reps)

Bar over burpee

(60 seconds)

Circuit 2

Smith Machine Bent over row

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Plank up down row

Weeks 1-4: (12 total reps)

Weeks 5-8: Increase weight. (8 total reps)

Circuit 3

V bar close grip lat pulldown

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Half burpee to bicep curl

Weeks 1-4: (15 reps)

Weeks 5-8: Increase weight. (10 reps)

Circuit 4

Seated wide grip low row

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

EZ Bar curls

Weeks 1-4: (20 reps)

Weeks 5-8: Increase weight. (10 reps)

CARDIO

Stair stepper minutes

BBB LOWER 2

***Weeks 1-4:** complete 3-4 rounds of each superset or tri set (with 1-2 min rest between rounds)

***Weeks 5-8:** complete 4-5 rounds of each superset or tri set (with 1-2 min rest between rounds)

*****attempt to push the heaviest weight you can for each exercise with good form**

Circuit 1

Stiff leg barbell deadlift

Weeks 1-4: (10-12 reps)

Weeks 5-8: Increase weight. (8 reps)

Curtsey Bench Step overs w/ DB's

(60 seconds)

Circuit 2

Smith machine sumo back squats

Weeks 1-4: (10-12 reps)

Weeks 5-8: Increase weight. (8 reps)

DB curtsy lunge

(complete all reps on same leg first)

Weeks 1-4: (15 reps each leg)

Weeks 5-8: (12 reps each leg)

Circuit 3

Stiff leg DB RDLs

Weeks 1-4: (10-12 reps)

Weeks 5-8: Increase weight. (8 reps)

Single leg hip thrust

Weeks 1-4: (15 reps each leg)

Weeks 5-8: (12 reps each leg)

Dumbbell jump lunges

(60 seconds)

Circuit 4

Stomach lying hamstring curls

(100 reps - least amount of sets possible)

AB Circuit

Kneeling cable rope crunches

(3x20)

Standing cable twist

(3x10 each side)

BBB UPPER 3

***Weeks 1-4:** complete 3-4 rounds of each superset or tri set (with 1-2 min rest between rounds)

***Weeks 5-8:** complete 4-5 rounds of each superset or tri set (with 1-2 min rest between rounds)

*****attempt to push the heaviest weight you can for each exercise with good form**

Circuit 1

Close grip Bench press

Weeks 1-4: (12 reps)

Weeks 5-8: Increase weight. (8 reps)

Diamond push ups

Weeks 1-4: (12-15 reps)

Weeks 5-8: (15-20 reps)

Med ball jack press

(60 seconds)

Circuit 2

Hammer grip pull ups (assisted)

Weeks 1-4: (12-15 reps)

Weeks 5-8: Decrease assistance. Complete (8-10 reps)

DB Bicep curls

Weeks 1-4: (12-15 reps)

Weeks 5-8: Increase weight. (8-10 reps)

High plank shoulder tap to knee tuck

(60 seconds)

Circuit 3

Standing Tricep Skullcrusher

Weeks 1-4: (20-25 reps), last set to failure

Weeks 5-8: Increase weight. (12-15 reps), last set to failure

Tricep cable press down

Weeks 1-4: (20-25 reps), last set to failure

Weeks 5-8: Increase weight. (12-15 reps, last set to failure)

Circuit 4

EZ bar curl narrow grip

Weeks 1-4: (15-20 reps)

Weeks 5-8: Increase weight. (12-15 reps)

Hammer curl + preacher curl combo

Weeks 1-4: 12 total reps or 6 of each

Weeks 5-8: Increase weight. 16 total reps or 8 of each

CARDIO

Stair stepper: 25-30 min

BBB TOTAL 1

Complete all rounds of "1a" before moving onto "2a" etc.

1a) **2000 meter row**

2a) **Burpee into box jump**
(5 rds x 60 seconds - 45 s rest)

3a) **Wall Ball Thrusters**
(4 rds x 60 seconds - 45 s rest)

4a) **Plank up down knee tuck**
(4 rds x 60 seconds - 45 s rest)

5a) **Lateral box step taps**
(use big box)
(5 rds x 60 seconds - 45 s rest)

Stair stepper, if time

BBB TOTAL 2

Complete all rounds of "1a" before moving onto "2a" etc.

1a) 5 minute treadmill run

2a) **High plank twist and touch**
(4 rds x 60 seconds - 45 s rest)

3a) **Med ball burpee to press**
(4 rds x 60 seconds - 45 s rest)

4a) **Jumping jack shoulder press**
(4 rds x 60 seconds - 45 s rest)

5a) **Inchworm to mountain climber (1 to 20 rep ratio)**
(4 rds x 60 seconds - 45 s rest)

Stair stepper, if time

QUICK NOTES

- Utilize [youtube.com](https://www.youtube.com) and <https://www.bodybuilding.com/exercises/> if you are unsure how to do a certain exercise
- Increase weight by 2.5-10 lbs every 2 weeks for every exercise (this means write down what weight you do)
- Ab circuits can be done everyday if time allows

BBB