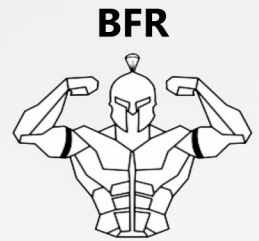


BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 7

MONDAY, DECEMBER 16, 2019

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Leg Press Machine** - 160 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Chest Press Machine** - 100 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Leg Extension Machine (Single Leg)** - 25 lbs. done with all sets - 3 x 8 each leg
- 🏋️ **Cable Tricep Press Down (Single Arm)** - 50 lbs. done with all sets - 3 x 8 each arm
- 🏋️ **Cable Ab Crunch** - 70 lbs. x 20 reps
- 🏋️ **Steam Room** x 27 total minutes done in two bouts - heart rate climbed to 160 bpm

TUESDAY, DECEMBER 17, 2019

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Seated Leg Curl Machine** - 70 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Lat Pulldown Machine** - 80 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Cable RDL + Row (Single Leg)** - 40 lbs. - 3 x 8 each Leg
- 🏋️ **Cable Curl (Single Arm)** - 40 lbs. - 3 x 8 each Arm
- 🏋️ **Back Extension Machine** - 130 lbs. x 20 reps
- 🏋️ **Played Full Court Basketball** x 60 minutes - 140 bpm Average

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 7

WEDNESDAY, DECEMBER 18, 2019

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Leg Extension Machine** - 70 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Fly Machine** - 40 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Leg Press Machine (Single Leg)** - 40 lbs. 3 x 8 each Leg
- 🏋️ **Low Cable Extension (Single Arm)** - 30 lbs. 3 x 8 each Arm

THURSDAY, DECEMBER 19, 2019

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Hip Thrust** - 135 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **DB Front/Side/Rear (FSR) Shoulder Raises** - 10 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **DB Shrugs** - 17.5 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **DB 5 way Forearms** - 10 lbs. x 10 each
- 🏋️ **Steam Room** x 33 total minutes done in two bouts - heart rate climbed to 150 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



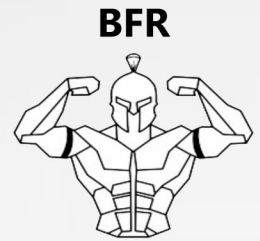
WEEK 7

FRIDAY, DECEMBER 20, 2019

Full Body Pull Day. Everything done with BFR Straps.

- 🏋️ **Standing 1 Leg Curl Machine** - 35 lbs. done with all sets - 1 x 8 each Leg with a four second descent & a four second ascent, 1 x 8 each Leg with a four second descent & normal ascent, 3 x 8 each Leg with a normal tempo
- 🏋️ **Straight Arm Lat Pulldown** - 50 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Seated Keizer Arm Curl Machine** - x 30, 15, 15, 15
- 🏋️ **Steam Room** x 25 total minutes done in two bouts - heart rate climbed to 150 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 2

MONDAY, DECEMBER 23, 2019

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Leg Press Machine** - 175 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Chest Press Machine** - 115 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Leg Extension Machine (Single Leg)** - 40 lbs. 3 x 8 each Leg
- 🏋️ **Cable Tricep Press Down (Single Arm)** - 30 lbs. x 30 each Arm, 15 each Arm, 15 each Arm, 15 each Arm
- 🏋️ **Cable Ab Crunch** - 70 lbs. x 20 reps
- 🏋️ **Steam Room** x 27 minutes total done in two bouts - heart rate climbed to 160 bpm

TUESDAY, DECEMBER 24, 2019

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Lying Leg Curl** - 50 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Lat Pulldown Machine with Wrist Straps** - 100 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Reverse Hyper Machine** - 210 lbs. x 30, 15, 15, 15
- 🏋️ **Cable Arm Curls (Single Arm)** - 30 lbs. x 30 each Arm, 15 each Arm, 15 each Arm, 15 each Arm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 2

WEDNESDAY, DECEMBER 25, 2019

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Hip Thrust** - 185 lbs. x 20, 15, 15, 15
- 🏋️ **DB Lateral Raises** - 15 lbs. x 30, 15, 15, 15
- 🏋️ **DB Seated Reverse Flys** - 8 lbs. x 30, 15, 15, 15
- 🏋️ **Barbell Shrugs** - 185 lbs. 2 x 12
- 🏋️ **DB 5 way Forearms** - 10 lbs. x10 each

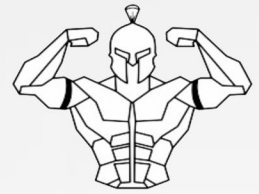
THURSDAY, DECEMBER 26, 2019

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Leg Extension Machine** - 85 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Fly Machine** - 55 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Leg Press Machine (Single Leg)** - 40 lbs. x 20 each Leg, 15 each Leg, 15 each Leg, 15 each Leg
- 🏋️ **Low Cable Arm Extension (Single Arm)** - 30 lbs. x 30 each Arm, 15 each Arm, 15 each Arm, 15 each Arm

BLOOD FLOW RESTRICTION TECHNOLOGY

BFR



STRAPS

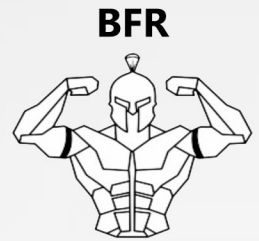
WEEK 2

FRIDAY, DECEMBER 27, 2019

Full Body Pull Day. Everything done with BFR Straps.

- 🏋️ **Standing 1 Leg Curl Machine** - 40 lbs. done with all sets - 1 x 8 each Leg with a four second descent & a four second ascent, 1 x 8 each Leg with a four second descent & normal ascent, 3 x 8 each Leg with a normal tempo
- 🏋️ **Straight Arm Lat Pulldown** - 55 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Seated Keizer Arm Curl Machine (Complete Fatigue each Set)** - x 30, 15, 15, 15
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 150 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 3

MONDAY, DECEMBER 30, 2019

Full Body Push Day. Everything is done with BFR Straps.

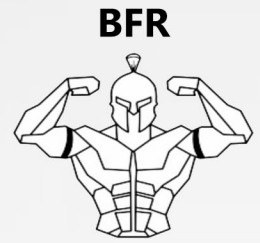
- 🏋️ **Leg Press Machine** - 190 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Chest Press Machine** - 115 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Leg Extension Machine (Single Leg)** - 40 lbs. 3 x 8 each Leg
- 🏋️ **DB Skull Crushers** - 10 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 28 minutes total done in two bouts - heart rate climbed to 160 bpm

TUESDAY, DECEMBER 31, 2019

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Seated Leg Curl Machine** - 85 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Lat Pulldown Machine** - 115 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Cable RDL + Row (Single Leg)** - 30 lbs. x 30 each Leg, 15 each Leg, 15 each Leg, 15 each Leg
- 🏋️ **Cable Curl (Single Arm)** - 30 lbs. x 30 each Arm, 15 each Arm, 15 each Arm, 15 each Arm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 3

THURSDAY, JANUARY 2, 2020

Full Body Push Day. Everything is done with BFR Straps.

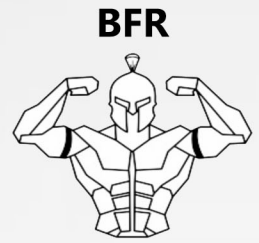
- 🏋️ **Leg Extension Machine** - 95 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Barbell Close Grip Floor Press** - 135 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Lunges** - 25 lbs. x 20 each Leg, 15 each Leg, 15 each Leg, 15 each Leg
- 🏋️ **DB Extensions (Single Arm)** - 12 lbs. x 30 each Arm, 15 each Arm, 15 each Arm, 15 each Arm
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 145 bpm

FRIDAY, JANUARY 3, 2020

Full Body Pull Day. Everything done with BFR Straps.

- 🏋️ **Barbell Hip Thrust** - 100 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Neutral Grip Pull Ups** x 20, 10, 10, 10
- 🏋️ **DB Curls** - 15 lbs. x 30, 15, 15, 15

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 4

MONDAY, JANUARY 6, 2020

Full Body Push Day. Everything is done with BFR Straps.

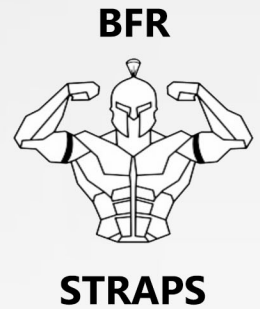
- 🏋️ **Barbell Back Squat** - 145 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Barbell Seated Shoulder Press** - 95 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Backward Lunges** - Body Weight 3 x 10 each Leg
- 🏋️ **DB Skull Crushers** - 15 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 30 minutes total done in three bouts - heart rate climbed to 160 bpm

TUESDAY, JANUARY 7, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Chin Ups - Body weight done with all sets** - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Barbell Zercher Good Mornings** - 95 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Leg Curls (Right / Left / Both)** x 15 each, 5 each, 5 each, 5 each
- 🏋️ **TRX Arm Curls** x 30, 15, 15, 15

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 4

WEDNESDAY, JANUARY 8, 2020

Full Body Push Day. Everything is done with BFR Straps.

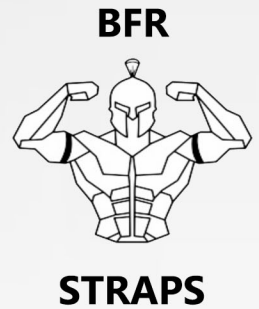
- 🏋️ **KB Goblet Squat** - 35 lbs. x 30, 15, 15, 15
- 🏋️ **1 Arm Push Ups** x 15 each Arm, 5 each Arm, 5 each Arm, 5 each Arm
- 🏋️ **Standing KB (Toe Hook) Hip Flexor** - 10 lbs. 20 each Leg, 15 each Leg, 15 each Leg, 15 each Leg
- 🏋️ **DB Tricep Heaven (Skull Crushers x 10, Pull Over to Press x 20, Hex Press x 30)** - 1 set with 15 lbs., & 1 set with 10 lbs.
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 155 bpm

THURSDAY, JANUARY 9, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Hip Bridge** - 195 lbs. x 30, 15, 15, 15
- 🏋️ **TRX Rows** x 30, 15, 15, 15
- 🏋️ **Barbell Single Leg Good Mornings** - 45 lbs. x 15 each Leg, 5 each Leg, 5 each Leg, 5 each Leg
- 🏋️ **DB Curls** - 15 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 12 minutes done in one bout - heart rate climbed to 150 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



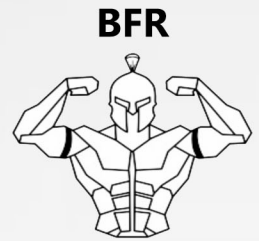
WEEK 4

FRIDAY, JANUARY 10, 2020

Full Body Day. Everything done with BFR Straps.

- 🏋️ **Rear Foot Elevated Split Squats** - 95 lbs. x 20 each Leg, 15 each Leg, 15 each Leg, 15 each Leg
- 🏋️ **DB Fly Variations** - 25 lbs. x 30, 15, 15, 15
- 🏋️ **Pistol Squats on Box** - 3 x 10 each Leg
- 🏋️ **DB Single Arm Tricep Extension Variations** - 15 lbs. 3 x 10 each Arm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 5

MONDAY, JANUARY 13, 2020

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Back Squat** - 155 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Barbell Seated Shoulder Press** - 95 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Lateral Lunges** - 5 lbs. (each hand) 3 x 10 each Leg
- 🏋️ **Barbell Skull Crushers** - 45 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 30 minutes total done in three bouts - heart rate climbed to 165 bpm

TUESDAY, JANUARY 14, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Neutral Grip Chin Ups** x 20, 10, 10, 10
- 🏋️ **Barbell Zercher Good Mornings** - 105 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Leg Curls (Right / Left / Both)** x 15 each, 5 each, 5 each, 5 each
- 🏋️ **TRX Arm Curls** x 30, 15, 15, 15

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 5

WEDNESDAY, JANUARY 15, 2020

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Plate Goblet Squat** - 45 lbs. x 30, 15, 15, 15
- 🏋️ **1 Arm Push Ups** x 15 each Arm, 5 each Arm, 5 each Arm, 5 each Arm
- 🏋️ **Standing KB (Toe Hook) Hip Flexor** - 10 lbs. 20, 15, 15, 15
- 🏋️ **DB Tricep Heaven (Skull Crushers x 10, Pull Over to Press x 20, Hex Press x 30)** - 1 set with 15 lbs., & 1 set with 10 lbs.
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 145 bpm

THURSDAY, JANUARY 16, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Hip Bridge** - 185 lbs. x 30, 15, 15, 15
- 🏋️ **Barbell Bent Over Row** - 95 lbs. x 30, 15, 15, 15
- 🏋️ **Pistol Squats** - 3 x 10 each Leg
- 🏋️ **DB Curl Variations** - 15 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 10 minutes done in one bout - heart rate climbed to 140 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 5

FRIDAY, JANUARY 17, 2020

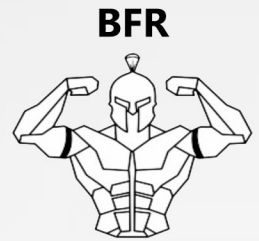
Full Body Day. Not everything done with BFR Straps.

- 🏋️ **Banded Box Squats (Hamstring Parallel)** - 195 lbs. (50% of 1RM) + Green Band - 12 x 2 Every minute on the minute
- 🏋️ **Fat Grip Chin Ups** - 3 x 6
- 🏋️ **EZ Bar Curl Variations** - 20 lbs. 3 x 10
- 🏋️ **Four Way Neck Machine** - 45 lbs. 1 x 10 each way

No BFR for the rest!

- 🏋️ **DB Snatch** - 65 lbs., 75 lbs., 85 lbs. x 1 set of 3 each arm ascending in weight
- 🏋️ **Machine Row (1-1-2) with Fat Grips** - 100 lbs. 3 x 6 each arm
- 🏋️ **DB Shrugs with Fat Grips** - 50 lbs. 2 x 12 each arm
- 🏋️ **Glute Ham Machine** - 3 x 5
- 🏋️ **Kettlebell Swings** - 100 lbs. 3 x 10
- 🏋️ **Reverse Hyper** - 225 lbs. 3 x 20

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 6

MONDAY, JANUARY 20, 2020

Full Body Push Day. Everything is done with BFR Straps.

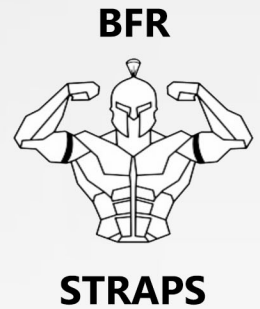
- 🏋️ **Barbell Back Squat** - 145 lbs. x 30, 15, 15, 15
- 🏋️ **DB Seated Shoulder Press** - 17.5 lbs. x 30, 15, 15, 15
- 🏋️ **Slider Lateral Lunges** - 8 lbs. (each hand) 3 x 10 each leg
- 🏋️ **Barbell Skull Crushers** - 45 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 28 minutes total done in two bouts - heart rate climbed to 170 bpm

TUESDAY, JANUARY 21, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Neutral Grip Chin Ups** x 23, 12, 12, 12
- 🏋️ **Barbell Zercher Good Mornings** - 115 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Leg Curls (Right / Left / Both)** x 15 each, 5 each, 5 each, 5 each
- 🏋️ **Barbell Curl Variations** - 45 lbs. (unloaded barbell) x 30, 15, 15, 15
- 🏋️ **Steam Room** x 12 minutes done in one bout - heart rate climbed to 150 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 6

WEDNESDAY, JANUARY 22, 2020

Full Body Push Day. Everything is done with BFR Straps.

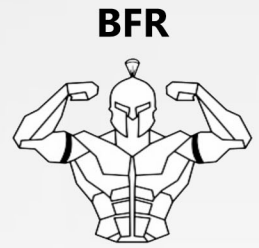
- 🏋️ **Landmine Squat** - 60 lbs. x 30, 15, 15, 15
- 🏋️ **1 Arm Push Ups** x 16 each arm, 6 each arm, 6 each arm, 6 each arm
- 🏋️ **Standing KB (Toe Hook) Hip Flexor** - 10 lbs. 30, 15, 15, 15
- 🏋️ **DB Tricep Heaven (Skull Crushers x 10, Pull Over to Press x 20, Hex Press x 30)** - 1 set with 15 lbs., & 1 set with 10 lbs.
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 150 bpm

THURSDAY, JANUARY 23, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Green Band Hip Bridge on Bosu** x 30, 15, 15, 15
- 🏋️ **Barbell Bent Over Row Variations (Normal, Narrow, Wide, Underhand)** - 105 lbs. x 30, 15, 15, 15
- 🏋️ **Pistol Squats** - 3 x 10 each Leg
- 🏋️ **DB Curl Variations (Normal, Reverse, Hammer, Preacher)** - 15 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 10 minutes done in one bout - heart rate climbed to 130

BLOOD FLOW RESTRICTION TECHNOLOGY



STRAPS

WEEK 6

FRIDAY, JANUARY 24, 2020

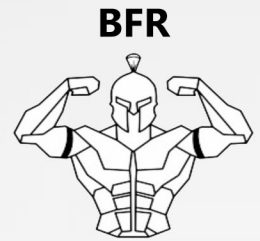
Full Body Day. Everything done with BFR Straps.

🏋️ Decline Football Bar Bench Press - 150 lbs. 8 x 6

🏋️ Deadlift - 250 lbs. 8 x 5

🏃 1 mile Run - 8 minutes

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK

7

MONDAY, JANUARY 27, 2020

Full Body Push Day. Everything is done with BFR Straps.

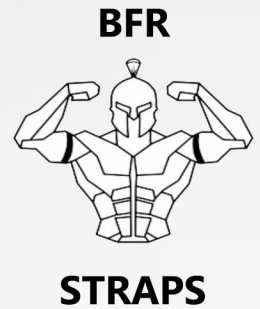
- 🏋️ **Barbell Back Squat** - 155 lbs. x 30, 15, 15, 15
- 🏋️ **Barbell Seated Shoulder Press** - 95 lbs. x 15, 10, 8, 8
- 🏋️ **Slider Lateral Lunges** - 10 lbs. (each hand) 3 x 10 each
- 🏋️ **Barbell Skully Rockbacks** - 45 lbs. 30, 15, 15, 15
- 🏋️ **Steam Room x 20 minutes total done in two bouts** - heart rate climbed to 140 bpm

TUESDAY, JANUARY 28, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Neutral Grip Chin Ups** x 25, 15, 15, 15
- 🏋️ **Barbell Zercher Good Mornings** - 125 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Leg Curls** x 30, 15, 15, 15
- 🏋️ **Barbell Curl Variations (Normal, Reverse, Wide, Narrow)** - 55 lbs. x 20, 10, 10, 10
- 🏋️ **Steam Room** x 15 minutes done in one bout - heart rate climbed to 155 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 7

WEDNESDAY, JANUARY 29, 2020

Full Body Push Day. Everything is done with BFR Straps.

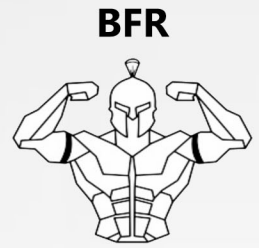
- 🏋️ **Landmine Squat** - 50 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Staggered Push Ups** x 30 each way, 15 each way, 15 each way, 15 each way
- 🏋️ **Standing KB (Toe Hook) Hip Flexor** - 15 lbs. x 20, 15, 15, 15
- 🏋️ **DB Tricep Heaven (Skull Crushers x 10, Pull Over to Press x 20, Hex Press x 30)** - 1 set with 17.5 lbs., 1 set with 12 lbs., & 1 set with 8 lbs.
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 155 bpm

THURSDAY, JANUARY 30, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Green Band Hip Bridge on Bosu** x 30, 15, 15, 15
- 🏋️ **Barbell Bent Over Row Variations (Normal, Narrow, Wide, Underhand)** - 115 lbs. x 30, 15, 15, 15
- 🏋️ **Pistol Squats** - 3 x 12 each Leg
- 🏋️ **DB Curl Variations (Normal, Reverse, Hammer, Preacher)** - 15 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room x 10 minutes done in one bout** - Heart Rate climbed to 130 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 7

FRIDAY, JANUARY 31, 2020

Full Body Day. Everything done with BFR Straps.

🏋️ **Barbell Back Squat** - 225 lbs. x 8, 275 lbs. x 5, 300 lbs. x 5, 315 lbs. x 5, 300 lbs. x 5, 275 lbs. x 5, 250 lbs. x 12

🏋️ **DB Floor Fly to Press** - 25 lbs. x 30, 15, 15, 15

BLOOD FLOW RESTRICTION TECHNOLOGY



STRAPS

WEEK 8

MONDAY, FEBRUARY 3, 2020

Full Body Push Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Zercher Squat** - 145 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Barbell Floor Press** - 145 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Lateral Lunges** - 12 lbs. (each hand) 3 x 10 each Leg
- 🏋️ **Barbell Skully Rockbacks** - 55 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 20 minutes total done in two bouts - heart rate climbed to 140 bpm

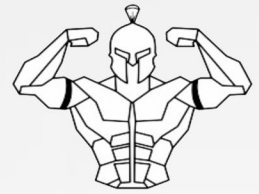
TUESDAY, FEBRUARY 4, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Chin Ups** - x 30, 15, 15, 15
- 🏋️ **Barbell Good Mornings** - 95 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 3 x 8 with a normal tempo
- 🏋️ **Slider Leg Curls** - 10 lbs. (each hand) x 30, 15, 15, 15
- 🏋️ **Barbell Curl Variations (Normal, Reverse, Wide, Narrow)** - 55 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 145 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY

BFR



STRAPS

WEEK 8

WEDNESDAY, FEBRUARY 5, 2020

Full Body Push Day. Everything is done with BFR Straps.

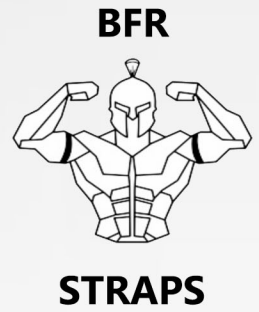
- 🏋️ **Leg Press Machine** - 205 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1 x 8 with a four second descent & normal ascent, 2 x 8 with a normal tempo, 1 x Max Reps = 20
- 🏋️ **Shoulder Press Machine** - 100 lbs. done with all sets - 1 x 8 with a four second descent & a four second ascent, 1x8 with a four second descent & normal ascent, 2 x 8 with a normal tempo, 1 x Max Reps = 20
- 🏋️ **Double Arm Cable Lunges** - 40 lbs. 3 x 8 each Leg
- 🏋️ **DB Tricep Heaven (Skull Crushers x 10, Pull Over to Press x 20, Hex Press x 30)** - 1 set with 25 lbs., 1 set with 15 lbs., & 1 set with 8 lbs.

THURSDAY, FEBRUARY 6, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Hip Bridge on Bosu with Med Ball (8 lbs.) between knees** x 30, 15, 15, 15
- 🏋️ **Barbell High Pull Variations (Narrow, Normal, Wide)** - 95 lbs. 4 x 10
- 🏋️ **Bowler Squats** - 10 lbs. 3 x 10 each
- 🏋️ **DB Curl Variations (Normal, Reverse, Hammer, Preacher)** - 17.5 lbs. x 30, 15, 15, 15
- 🏋️ **Steam Room** x 15 minutes done in one bout - heart rate climbed to 150 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 8

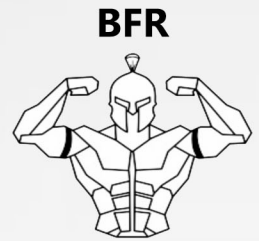
FRIDAY, FEBRUARY 7, 2020

Full Body Day. Everything done with BFR Straps.

🏋️ **2 Board Bench Press** - 225 lbs. 5 x 5

🏋️ **Med Ball Slams** - 20 lbs. 5 x 5

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 9

MONDAY, FEBRUARY 10, 2020

Full Body Push Day. Everything is done with BFR Straps.

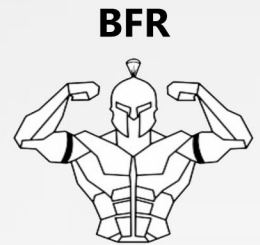
- 🏋️ **Barbell Back Squat - Clusters** - 350 lbs. x 1 rep x 5 sets (15 second rest between sets), & 365 lbs. x 1 rep x 5 sets (15 second rest between sets)
- 🏋️ **Machine Flys (Slow Tempo)** - 100 lbs. 4 x 10
- 🏋️ **DB Bowler Squats** - 10 lbs. (each hand) 3 x 10 each
- 🏋️ **DB Tricep Heaven (Skull Crushers x 10, Pull Over to Press x 20, Hex Press x 30)** x 25 lbs., 15 lbs., & 8 lbs.
- 🏋️ **Steam Room** x 20 minutes total done in two bouts - heart rate climbed to 145 bpm

TUESDAY, FEBRUARY 11, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Hammer Machine High Row** - 135 lbs. (each handle) 3 x 8 each Arm, 1 x 8 double Arm Row
- 🏋️ **45 Degree Glute Hamstring Developer with DBs (Single Leg)** - 30s lbs. - 3 x 6-8 reps each Leg
- 🏋️ **Machine Leg Curls** x 6, 8, 10 Drop Set - 70 lbs., 60 lbs., 35 lbs.
- 🏋️ **Straight Arm Lat Pulldown** - 50 lbs. 4 x 10
- 🏋️ **Steam Room** x 25 minutes total done in two bouts - heart rate climbed to 155 bpm

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 9

WEDNESDAY, FEBRUARY 12, 2020

Full Body Push Day. Everything is done with BFR Straps.

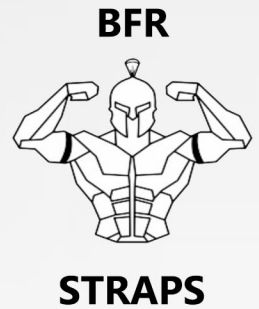
- 🏋️ **Barbell Bench Press - Clusters** - 225 lbs. x 1 rep x 5 sets (15 second rest between sets), 245 lbs. x 1 rep x 5 sets (15 second rest between sets)
- 🏋️ **Slider Lateral Lunges (holding KB)** - 20 lbs. 3 x 10
- 🏋️ **Cable Arm Extension Variations** x 30, 15, 15, 15

THURSDAY, FEBRUARY 13, 2020

Full Body Pull Day. Everything is done with BFR Straps.

- 🏋️ **Barbell Good Mornings (Single Leg)** - 95 lbs. 4 x 6-8 each Leg
- 🏋️ **Seated DB High Pull** - 4 x 10
- 🏋️ **DB Curl Variations (Normal, Reverse, Hammer, Preacher)** - 17.5 lbs. x 30, 15, 15, 15

BLOOD FLOW RESTRICTION TECHNOLOGY



WEEK 9

FRIDAY, FEBRUARY 14, 2020

Full Body Day. Nothing done with BFR Straps.

Valentines Day Staff Lift - Share total reps with a partner - For time

- 🏋️ **Burpees (Jump over your partner holding a plank)** x 50 reps
- 🏋️ **Pull Ups** x 100 reps
- 🏋️ **Double Unders** x 200 reps
- 🏋️ **Rope Climbs** x 6 ascents
- 🏋️ **Barbell Thrusters** - 95 lbs. 4 x 15
- 🏋️ **Kettlebell Swings** - 45 lbs. 4 x 15
- 🏋️ **Box Jumps** - 24 inch 4 x 15
- 🏋️ **Burpees (Jump over your partner holding a plank)** x 25 reps
- 🏋️ **Pull Ups** x 50 reps
- 🏋️ **Double Unders** x 100 reps
- 🏋️ **Rope Climbs** x 3 ascents
- 🏋️ **Barbell Thrusters** - 95 lbs. 2 x 15
- 🏋️ **Kettlebell Swings** - 45 lbs. 2 x 15
- 🏋️ **Box Jumps** - 24 inch 2 x 15

Took us 45 minutes to complete!

Note: The rest interval between sets was between 30-60 seconds during all the BFR training.