




WORKOUT PLAN FREE TRIAL

Welcome to **The Klub!**

This month is focusing on **bench press, squat** and **pull-up**.

Please make sure to read the instructions carefully and check the Exercise Library for further guidance!

WORKOUT PLAN FREE TRIAL

DAY 1 PUSH	DAY 2 PULL	DAY 3 LEGS
Bench press 3x6	 <p>TOP SECRET</p> <p>FOR KLUB MEMBERS ONLY</p>	
DB shoulder press 3x8 <i>*2s pause at the bottom</i>		
DB skullcrusher 3x10		
DB lateral raise 3x6 <i>*4s down</i>		
Cable EZ bar triceps extension 3x10		

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DAY 4 UPPER	DAY 5 LOWER
<p>TOP SECRET</p> <p>FOR KLUB MEMBERS ONLY</p>	Hip thrust 15-10-5-20
	Pause squat 3x7-8 <i>*2s pause at the bottom</i>
	Side lying hip abduction 2x25 each leg
	Walking lunges 1xF
	Single leg Romanian deadlift 2x8 each leg
	Bulgarian split squat 2x8 each leg

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DAY 1 - PUSH

Bench Press: Find your optimal grip (standard grip is one thumb away from shoulders). Then position the bar around nose area. At the start, when your elbows are locked out, centre the bar (stack your joints). Get a leg drive by being on your toes, turning your knees out for better glutes engagement and have an arch at your lumbar spine to spare your shoulders. Keep your wrist and elbow aligned when you lower the bar and think about rowing it to your body (around chest/start of ribcage area). On the way up, think about pushing your body away from the bar.

Dumbbell shoulder press 2sec bottom pause: You can either rotate the DB out (endings facing your head) or turn them in (palms are facing your head) and make sure your elbow and wrist are under each other. Point your elbow a bit forward for better shoulder position and press the weight up above your head. On the way down watch your elbow-wrist alignment and pause for 2 seconds on the bottom. When you descend make sure to slowly get your elbows in.

Dumbbell skullcrusher: Lay back on the bench and start in a locked armed, centred position. Then tilt your elbow towards your head to get an addition stretch on your triceps and lock it in that position. Start by bending your elbow only and lowering the DB next to the bench/your head. From the bottom, start extending your elbow without moving the upper arm.

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DAY 1 - PUSH

Dumbbell lateral raise 4sec eccentric: DBs are resting on your side. Bend your body slightly forward and have a slight bend at your elbows as well. Think about raising your elbow and try to actively squeeze your side delts on the way up. Keep your arms in line with your shoulders and externally rotate your arms to minimize trap involvement. Only go to shoulder level and a bit below. On the way down, keep squeezing your delts and slowly, in 4 second reach your body.

Cable EZ bar triceps extension: Get an overhand grip on the bar, and take two steps back from the pulley. Squeeze your elbows to your side and position them slightly behind your body (for rear delt activation). The starting position will be that with your elbow completely bent. On the way down only extend your elbow and consciously tense your triceps throughout the movement and get a strong contraction at the bottom. On the way up, keep your elbows tucked in and slightly behind and only bend your elbow but don't move it forward.

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DAY 2 - PULL

TOP SECRET

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DAY 3 - LEGS

TOP SECRET

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DAY 3 - LEGS

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DAY 4 - UPPER

TOP SECRET

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DAY 4 - UPPER

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DAY 5 - LOWER

Hip thrust: Position your mid-scapula on the box. Tuck your legs in and have your feet underneath your knee. Slightly flare your feet out. Gaze forward and have a posterior pelvic tilt in your hip (rounding your lumbar spine). On the way up, keep your gaze forward and maintain posterior pelvic tilt till you reach full hip extension.

Barbell back squat: Bar placement is up to you. Careful with the weights since you don't want your form to fall apart. Keep your wrist neutral and squeeze your elbows in to have an upper back engagement. Pick your stance, but don't go into a sumo. Flare your feet out slightly and your femurs will track over them, pointing in the same direction. Avoid shooting your hip up as you ascend. Take a deep breath when you go down and keep it in to have your lumbar spine stabilized.

Pause for 2 seconds on the bottom.

Side lying hip abduction: Lay on your side. Let the bottom leg in line with your body, resting on the floor and the top leg behind it (5-10 degree behind your body). Point your toes up and position your top hip slightly forward. Raise the top leg but make sure that it doesn't come front of your hip, keep it slightly behind your body with your toes pointing up. On the way down, touch the floor with the inside of your foot. Control it throughout the motion.

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DAY 5 - LOWER

Walking lunges: DBs next to your hip, shoulders down. Take a medium-step forward and lower your knee all the way to the ground without resting it on it. Then come up and step forward with the back leg.

Single leg Romanian deadlift: As you push your hip backward (hinging from your hip) have a slight bend at your knee. Keep your back neutral and your gaze following your chest. Let the other leg kick straight up to tense that side of your glute. At the bottom let the DB travel forward then reverse the motion and start extending your hip.

Bulgarian split squat: Elevate your rear foot and position your bodyweight on the forward leg. You will have to do 2 things at the same time: 1) Hinging your hip back to the box 2) bending your knee while keeping your back completely neutral. Try to go as low as possible, till your mobility lets you. On the way up avoid shooting your hip up first.