

FULL BODY

TRIPLE THREAT TECHNIQUE

APRIL CHALLENGE

\$25 Target GC for completion

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 day 1	1	2 day 2	3	4 day 3	5
6	7 day 1	8	9 day 2	10	11 day 3	12
13	14 day 1	15	16 day 2	17	18 day 3	19
20	21 day 1	22	23 day 2	24	25 day 3	26
27	28 day 1	29	30 day 2	1	2 day 3	3

FULL BODY

TRIPLE THREAT TECHNIQUE

Welcome to Triple Threat Technique :) A 3 time-a-week program where you focus on Full Body movement patterns each day. I do love a split body part training program but this offers some great benefits too! For one you only have to fit in three days of lifting! There is frequent muscle stimulation and an extra day for recovery. There are a few new moves that take a little time to master! Start with lower weight on those and build from there. Excited to see how you grow in strength! Oh and there is a carry move EACH day. I really wanted to focus on functional moves, and what is more functional than carrying loads? Groceries, suitcases, kiddos, you name it! Enjoy! PS. Do reps for each lift in Block A, 3-4x then move on to Block B etc.

Day 1

Equipment: Barbell, dumbbells

A

Barbell Squat 3-4 sets 8 reps
<https://youtu.be/eQ6vZzXGTmg>

Multi directional lunges 3-4 sets 6 reps
<https://youtu.be/RE6TDD1lnGg>

Barbell/goblet weighted good mornings
3-4 sets, 8 reps
<https://youtu.be/8cA1ONs5UXM>

B

Bench press 3-4 sets 8 reps
<https://youtu.be/uWFqjzO8X5o>

Bent over underhand row 3-4 sets 8 reps
<https://youtu.be/OxxHjY1ClJw>

Farmers carry/march 3-4 sets x 30 sec- one
minute hold
<https://youtu.be/ZhbyewaYMDQ>

C

Core: Plank with knee to elbows 3-4 sets,
10 each side
<https://youtu.be/nzkORaToODo>

Resisted crunch 3 sets x 10 reps
<https://youtu.be/9pk4QbnVdOk>

Day 2

**Equipment: Barbell, dumbbell, incline bench,
loop band**

A

Staggered squat with barbell or dumbbell
3-4 sets x 8 reps each leg
<https://youtu.be/Oc3abvqeo08>

Overhead lunge walk 3-4 sets x10 reps each leg
<https://youtu.be/0TENiCDyqeM>

Single leg RDL- 3-4 sets x 8 reps each leg
<https://youtu.be/yxI9DNJH0hI>

B

Incline press with barbell or dumbbell
3-4 sets x 8
<https://youtu.be/7dbpJ4O6DV4>

Pull up/ inverted row 3-4 sets x 5-8 reps
<https://youtu.be/QhO34KcurqU>

Overhead carry 3-4 sets x 30 sec- one minute
hold
<https://youtu.be/F0DCCVZixBQ>

C

Core: Side plank clams with 5 second hold
3-4 sets x 10
https://youtu.be/ZLe_Hvz4Xn8

Shoulder ER 3-4 sets x 10 reps each side
<https://youtu.be/f7baSUuWs2k>

Day 3

**Equipment: Barbell, dumbbells, loop band,
bench**

A

Sumo squat 3-4 sets x 8 Reps
<https://youtu.be/1UTY1Y6ZJWY>

Curtsy lunge off of bench 3-4 sets x 8 reps
each leg
<https://youtu.be/eNuf3TueRTk>

Deadlift 3-4 sets x 8 Reps
<https://youtu.be/vZDmIfqnZxo>

B

Overhead press (military or push press)
3-4 sets x 8 reps
<https://youtu.be/XdenzPjb-RA>

Gorilla rows 3-4 sets x 8 reps each arm
https://youtu.be/_hN2QKtI108

Suitcase carry- 3-4 sets x 30 sec-
one minute hold
<https://youtu.be/Axr0uHmlrsU>

C

Core: Standing resisted march 3-4 sets x 10
each leg
<https://youtu.be/3ugt0tVaRT4>

Banded Shoulder Flexion 3-4 sets x 10 reps
<https://youtu.be/mdKmRoBlIVc>