**Okay, keep in mind that this is NOT designed to be a progressive program. This is to hold us over and maintain our progress until things are back to normal – which hopefully won’t be more than a week or two. If it is, we may need to readjust to have some sort of progression plan in place, but we’ll tackle that issue if it arises.**

**You can train these sessions as often as you like, although I recommend the hill sprints no more than 4 times per week. But any of these sample splits are fine:**

Day 1: Push

Day 2: Pull

Day 3: Legs

Repeat (rest as needed)

Day 1: Push & Pull

Day 2: Legs

Repeat (rest as needed)

Day 1: PPL (all three sessions)

Day 2: Off  
Repeat (rest as needed)

**Day 1: Push**

*Warmup:* <https://www.youtube.com/watch?v=YLbULV0jq-k>

1. Lateral Raise Tri-Set. You’re going to do 25 reps of each movement with no rest between:
   1. Side Raise
   2. Front Raise
   3. Rear Raise

The order is important – we’re going from easiest to hardest so that you don’t have to switch dumbbells from one movement to the next. Rest no more than 2 minutes between tri-sets and do a total of 5. You should NOT need a heavy dumbbell – 20 pounds is actually really good if you’re using strict technique.

1. Arnold Press. If you have access to sufficiently heavy dumbbells, I want you to work up to a top set of 12 (keep 1-2 reps in the tank) with a SLOW eccentric (2-3 seconds). Then rest 90 seconds and repeat. Continue until you can’t get 12.

If you do NOT have access to heavy dumbbells, instead I want you to do these as a fourth movement in the giant set described above, so you’ll do side raise -> front raise -> rear raise -> Arnold press all for 25 reps with no rest between.

1. Dips/Bench Dips. Again, if you can weight these heavily, I want you to do the EXACT same protocol as on the Arnold press. If you are NOT able to perform weighted dips, instead do 3 sets of AMRAP with 2 minutes rest between sets.
2. Flyes. Use a band if you do not have dumbbells. Get 100 reps as quickly as possible (sets do not matter).
3. Close Grip Pushup/Banded Triceps Superset. This is a killer finisher. You’re going to do 40 reps on close grip pushup (as many sets as it takes), then immediately do 40 reps on band pushdown. Then do 30 pushups/30 pushdowns, 20/20, 10/10 for a total of 100 reps on each with no real rest but taking as many sets as needed.
4. Abs (optional, any movement OK)

**Pull**

*Warmup:* <https://www.youtube.com/watch?v=KTY4V5it-40>

1. Chin/Banded Chin: You’re going to accumulate 50 reps as quickly as possible, no matter how many sets it takes. If you can do 5x10 with STRICT form, go for 100 total reps instead.
2. Pullover: This can be done with a dumbbell, bands, or both. SLOW eccentric (2 seconds is fine), but really emphasize the stretch portion and hold that for another two seconds before driving back to the start. Again, this is a high-rep one: three sets of 20 with one minute rest between sets.
3. Seal Row: A barbell, dumbbells, or bands all work for this one. Use the same protocol as for Arnold press on Pull day.
4. Reverse Curl/ Curl Superset. If you can weight these heavily, work up to a top set of 15 on reverse curls. Then, with no rest, switch to a regular grip and rep out. Rest 60 seconds, then (with the same weight) go back to reverse curls and hit the same number of reps as you did on the regular curl set. Repeat this until you get to 5 reps on regular curls. Here’s how this might look:

100x15 reverse curl 🡪 100x12 regular curl

Rest 60 seconds

100x12 reverse curl 🡪 100x8 regular

Rest 60 seconds

100x8 reverse curl 🡪 100x5 regular

Done

If you can’t weight them heavily, start out with 50 reps and work down to 10!

1. Reverse Hyperextension. <https://www.menshealth.com/fitness/a19520414/reverse-hyper/> 3 sets, alternating among the protocols listed in the article.

**Legs**

*Warmup:* <https://www.youtube.com/watch?v=-h_I9E4WlOE>

1. Floor GHR. Here is the movement; you can use a couch to support your ankles if necessary: <https://www.youtube.com/watch?v=dt0YcFf1E8E> 3 sets of AMRAP.
2. Leg Curl/SLDL Superset. You can perform both these movements with either bands or dumbbells. Do 20 reps on the leg curl, then immediately go into 20 reps on the SLDL with a SLOW negative (at least 5 seconds). Repeat for 5 total supersets.
3. Leg Extension/Lunge Superset. Again, you can use bands or dumbbells for resistance, and you’re going to repeat the same superset as with leg curls/SLDL.
4. Hill Sprints. Here’s a great description: <https://www.thestrengthhouse.com/hill-sprints-101/> It’s difficult to program these because there is no standard hill size and aerobic capacity is a huge factor. However, I want you to find the steepest hill you can and sprint up it; then walk back down. Repeat until you tap out. Simple ☺
5. Abs (optional, any movement OK)