

JUNE 2026, 3-DAY

WEEK 1: UPPER BODY STRENGTH

EXERCISE	SETS & REPS	NOTES
1A: DUMBBELL BENCH PRESS	3 X 8-10	4 SECONDS DOWN, 1 SECOND PAUSE, EXPLODE UP.
1B: ONE-ARM DUMBBELL ROWS	3 X 8-10 (EACH SIDE)	2 SECOND SQUEEZE AT THE TOP OF EACH REP.
2A: SEATED DUMBBELL SHOULDER PRESS	3 X 8-10	
2B: DUMBBELL REAR DELT FLY	3 X 10-12	1 SEC UP, 3 SEC DOWN ON EACH REP.
3A: DUMBBELL HAMMER CURLS	3 X 10-12	
3B: DB OVERHEAD TRICEPS EXTENSION	3 X 10-12	

NOTES: PERFORM EXERCISES WITH THE SAME NUMBER ASSIGNED AS A SUPERSET. EX: EXERCISES 3A AND 3B SHOULD BE PERFORMED BACK-TO-BACK, BEFORE TAKING A REST PERIOD.

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1: DUMBBELL GOBLET SQUAT	3 X 8-10	4 SECONDS DOWN, 1 SECOND PAUSE, EXPLODE UP.
2A: BULGARIAN SPLIT SQUAT	3 X 8-10	1 SEC UP, 3 SEC DOWN ON EACH REP.
2B: DUMBBELL RDL	3 X 8-10	
3A: STANDING CALF RAISE	3 X 12-15	1 SECOND PAUSE AT THE BOTTOM (HEELS DOWN) PAT OF EACH REP.
3B: SIDE PLANK	3 X 15 SEC (EACH SIDE)	

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WEEK 1: TOTAL BODY CONDITIONING

EXERCISE	SETS & REPS	NOTES
1A: DUMBBELL SUMO DEADLIFT	3 X 6-8	1 SECOND PAUSE AT THE BOTTOM OF EACH REP.
1B: DUMBBELL PUSH PRESS	3 X 6-8	
2A: REVERSE LUNGE	3 X 8-10	
2B: UNDERHAND DB ROWS	3 X 8-10	
3A: DUMBBELL LATERAL RAISE	3 X 10-12	PAUSE AT THE TOP, AND THEN LOWER FOR A SLOW 1-2-3-4 COUNT.
3B: FRONT PLANK W/REACH	3 X 10-12 (EACH SIDE)	

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WEEK 2: UPPER BODY STRENGTH

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2B: DUMBBELL REAR DELT FLY	3 X 10-12	1 SEC UP, 3 SEC DOWN ON EACH REP.
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