

BASE PATHWAY :: WEEKS 1-4

# LOWER BODY #1

## EQUIPMENT NEEDED:

Barbell + Weight Plates  
Box or Bench



ORDER	EXERCISE	SETS X REPS + NOTES
<b>A</b>	Box Squats	5x5 Back straight; sit lightly on box; maintain proper form
<b>B</b>	Deadlifts	2x8 Back straight; hinge through hips; keep lats engaged

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# UPPER BODY #2

## EQUIPMENT NEEDED:

Incline Bench  
TRX/Cable Machine/RB  
2 sets of dumbbells (Light & Heavy)

ORDER	EXERCISE	SETS X REPS + NOTES
<b>A1</b>	Incline DB Press	3x10 Back straight; sit lightly on box; maintain proper form
<b>A2</b>	Face Pull	4x10 Lead with elbows; keep shoulders from shrugging
<b>B1</b>	Weighted Ys	3x12 Start the movement by squeezing at the shoulders
<b>B2</b>	Frog Pumps	3x12 Height doesn't matter; squeeze hard at the top