



## TRIFIT WELLNESS APRIL PROGRAM

This program is a 4 day, body part “split”, meaning we focus on isolating certain muscle groupings during each workout. The last 2 repetitions should be challenging, if they are not, increase the resistance or do a couple more reps. Complete 3-4 sets of each superset (you will complete the 2nd exercise immediately no rest)

If you are unsure of a particular exercise, please check out the video library at [www.trifitwellness.com](http://www.trifitwellness.com) and search the exercise by the name.

### **DAY 1: Upper Push:**

- Cable face pulls x12
  - (Superset) Plank opposite shoulder taps x10 each side alternating
- Machine chest press x8
  - (Superset) Barbell skull crushers x12
- Seated overhead dumbbell tricep extension x 15 with light weight
  - (Superset) Push ups on bench or ground x12
- Machine shoulder press x20 reps until fatigue
  - (Superset) Band or cable Pallof press x10 each side

### **DAY 2: Lower Push:**

- Monster band walks x15 each side
  - (Superset) Split Squats x12 each leg
- Bear Crawls x8 each way
  - (Superset) Dumbbell or Kettlebell Goblet squat x 8 heavy
- Leg Extension Machine x15 at a light weight
  - (Superset) Slider Mountain Climbers x25 each leg
- Squat jacks x15
  - (Superset) Hollow body hold x30 seconds



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### **DAY 3: Upper Pull:**

- Straight arm cable pulldown x12
  - (Superset) 1 arm Plank cable pulldown x10 each side
- TRX Rows x15 with only the bottom half of the range of motion
  - (Superset) Plank twists x10 each side
- Bent over barbell row x10
  - (Superset) Incline seated dumbbell curls x12
- Pull up machine x 10
  - (Superset) Biceps curl machine x 8 full range of motion reps followed by 8 bottom range of motion reps followed by 8 top range of motion reps

### **Day 4: Lower Pull:**

- Banded Glute Bridge x20 hold every other rep for 3 seconds
  - (Superset) Long Walking Lunges x12 each leg
- Hamstring curls- Drop set x10 reps heavy, drop the weight by 50% and do 10 more reps
  - (Superset) Stationary Lateral Lunges (with support as necessary) x10 each way
- Side plank pulses+holds x5 pulses, 5 second hold, 5 pulses, 5 second hold
  - (Superset) Dumbbell Straight Leg Deadlift x12
- Dumbbell Sumo Squat pulses x10, pulse or bounce at bottom
  - (Superset) Crunch machine x15 at light weight