The logo for TUUSA SPORTS, featuring the word "TUUSA" in a bold, sans-serif font with a horizontal line through the middle of the letters. Below "TUUSA", the word "SPORTS" is written in a smaller, spaced-out font. The logo is set against a white circular background.

TUUSA  
SPORTS



# 18-WEEK STRENGTH TRAINING PLAN



[www.tuusasports.com](http://www.tuusasports.com)



# WELCOME

## TABLE OF CONTENTS

|                                       |    |
|---------------------------------------|----|
| • START HERE .....                    | 1  |
| • PROGRAM STRUCTURE .....             | 2  |
| • HOW TO SET WEIGHT RESISTANCE? ..... | 3  |
| • CHANGING EXERCISES .....            | 4  |
| • WARM-UP .....                       | 5  |
| • RECOVERY .....                      | 6  |
| • TRAINING PLANS .....                | 8  |
| • TRAINING LOG .....                  | 16 |
| • EXERCISES .....                     | 17 |
| • YOU DID IT! .....                   | 30 |



# START HERE

Thank you for selecting the 18-week training program!

The purpose of the training program is to provide you with comprehensive strength training and occasionally elevate your heart rate.

If strength training is secondary to your primary sport, such as running, cycling, or team sports, schedule the strength training so that it does not interfere with other training. For example, consider doing strength training on a separate day or after your main sports session, if possible. Avoid heavy strength training the day before crucial sports training sessions.

Each program includes a full-body workout, both upper-body and lower-body focused workouts. The weekly cycle of workouts varies by program. Remember that it takes several weeks for the body to get used to and develop a new stimulus. The body receives new stimuli by varying the number of sets, repetitions, and resistance.

At first, your muscles may feel tired and sensitive, but if they remain sore for several days, you may have exerted too much resistance for your current fitness level.

Do not work out when you're sick or take unnecessary risks.

The program should not be used for rehabilitation or treating various injuries. In similar situations, always consult a doctor first.

**Enjoyable training moments!**

# PROGRAM STRUCTURE

## WEEKS 1-6

### ENDURANCE STRENGTH:

- The purpose of endurance strength training is to prolong the duration before muscle fatigue occurs.
- **Weight resistance:** body weight - 60% of one repetition maximum

## WEEKS 7-12

### STRENGTH:

- The goal is to enhance muscle strength when it's nearing exhaustion. However, the purpose is not to test maximum performances, but to be able to function holistically.
- So, if possible, increase weight resistance now at the latest.
- **Weight resistance:** 60-85% of one repetition maximum

## WEEKS 13-18

### SPEED STRENGTH:

- Speed strength develops the muscle's ability to produce as much force as possible in a short time. It also creates the foundation for many sports and plyometric exercises.
- You can increase the weight resistance and perform exercises at a normal tempo. **OR** slightly reduce resistance and perform the movements at a fast tempo (speed-strength). Ensure that proper technique is maintained.
- Workouts marked with "circuit" can be performed as circuit training. In this case, do the repetitions of each exercise at a brisk tempo. Take a break after all the exercises.
- **Weight resistance:** 40-60% of one repetition maximum (the speed strength and the circuit).

# HOW TO SET WEIGHT RESISTANCE?



- **See the weight resistances on the program structure page if you know your one repetition maximum (1RM).**
- **OR:** Start with weight or resistance, that allows you to perform the exercise with proper technique. Avoid jerking with excessively heavy weights, you will not get the full benefit of the exercise and you will increase the risk of injury.
- Choose a challenging weight/resistance that allows you to complete all reps and sets. If you feel you could do more reps after the first set, increase the resistance slightly.
- On the other hand, if the last repetitions were too difficult or you had to quit in the middle of the set, reduce the resistance.
- The last couple of reps should be felt, but it's not always meant to be done to failure.
- A rest between sets restores muscles and energy levels. Without a break, you won't be able to use the same amount of resistance and get all the benefits out of the exercise. So don't perform sets back-to-back, except in circuit training where the amount of resistance is lower.
- Gradually increase the weight or resistance over time when the sets start to feel too easy. If possible, raise resistance no later than week 7.
- Note that there can be big differences between different exercises and body parts.

**DON'T BE AFRAID OF HEAVY WEIGHTS!**

**Remember that finding the right weight or resistance requires testing and failing. Listen to your body and make adjustments as needed to ensure that you are challenging yourself at an appropriate level.**

# CHANGING EXERCISES

Exercises can be changed for others in certain situations.

- For example, if you are following a home program and have more equipment available at home, you can substitute some exercises from the program designed for the gym.
  - For example, walking lunges can sometimes be replaced with a Bulgarian split squat.
- If you cannot find certain equipment at your gym, or if you are unable to perform a particular exercise, you can replace it with a corresponding exercise from the home program.

However, do not change or skip an exercise just because it feels challenging at first. The first few weeks are meant to help you become accustomed to the exercises and strengthen your body.

If an exercise feels difficult to perform:

- Reduce the weight.
- Reduce the number of repetitions or remove one set.
- Modify the exercise. For example, during push-ups or planks, lower your knees to the ground.

As the exercises become easier, you can add weights or increase the challenge. For example:

- Russian twist: lift your feet off the floor.
- Lunge step-up: use additional weights or perform using a Smith machine.

# WARM-UP

## IT'S ESSENTIAL TO WARM UP BEFORE EVERY EXERCISE.

Warming up increases blood circulation and oxygen flow, raises body temperature and thus improves joint mobility.

Warming up reduces the risk of injury and increases the performance level of the exercise.

You can also mentally prepare for the upcoming workout by disconnecting your thoughts from the rest of your everyday life before the strength training starts. You also get the chance to feel how your body feels on that day.

### WARM-UP:

- Begin the warm-up by slightly increasing your heart rate, for example, through activities like walking, light cycling, or other aerobic exercises.
- Next, open the body by rotating your hands, swinging your legs, and twisting your torso. You can also use a gymnastics stick and a resistance band for assistance.
- Ensure that the warm-up remains dynamic, avoiding static stretches.
- Duration: Aim for at least 10-15 minutes.



# RECOVERY

Adequate recovery, combined with a varied and balanced diet, is essential for development. Give your body time to recover. Don't do all the exercises on consecutive days. Spread your workouts throughout the week.

Muscles may feel stiff and tender, especially at the beginning or after a prolonged break from regular exercise. A slight soreness is completely normal and it often subsides within 1-2 days.

If your muscles are too sore to perform daily activities, you've probably been using too much resistance for your current fitness level or executing the movements incorrectly.

Schedule training on days and times of the day that best suit you. If your amount of training increases, the need for hydration and nutrition can also increase.

**The three most important factors in recovery are rest, nutrition and hydration.**

After training, you can perform a cool-down, for example, with a short and calm walk. When stretching, prefer dynamic stretches, especially if they are done immediately after exercise.

**BE  
CONSISTENT**

**CREATE  
HABITS**

**LISTEN TO  
YOUR BODY**



**THE MORE CONSISTENTLY  
AND REGULARLY YOU  
EXERCISE, THE MORE YOUR  
BODY WILL BEGIN TO CRAVE  
MOVEMENT BECAUSE IT WILL  
BECOME NATURAL.**



# TRAINING PLANS

## 2 TIMES / WEEK - HOME

### WEEKS 1-6

| EVERY OTHER WEEK: (weeks: 1, 3 & 5) |                   |       |      |          |
|-------------------------------------|-------------------|-------|------|----------|
| WORKOUT 1 (whole)                   | WORKOUT 2 (upper) | REPS  | SETS | REST     |
| Side lunges                         | Dumbbell pullover | 12-15 | 3    | 0,5-2min |
| Lunge step-up                       | Triceps           | 12-15 | 3    | 0,5-2min |
| Kettlebell swings                   | Bent-over row     | 12-15 | 3    | 0,5-2min |
| Dead bug                            | Overhead press    | 12-15 | 3    | 0,5-2min |
| Scissors kicks                      | Push-up           | 12-15 | 3    | 0,5-2min |
| Plank shoulder taps                 | Wood chop         | 12-15 | 3    | 0,5-2min |

| EVERY OTHER WEEK: (weeks: 2, 4 & 6) |                            |       |      |          |
|-------------------------------------|----------------------------|-------|------|----------|
| WORKOUT 1 (core)                    | WORKOUT 2 (lower)          | REPS  | SETS | REST     |
| Wood chop                           | Dumbbell walking lunges    | 12-15 | 3    | 0,5-2min |
| Alternating superman                | Deadlift                   | 12-15 | 3    | 0,5-2min |
| Weighted sit-up                     | Squat (with weight or not) | 12-15 | 3    | 0,5-2min |
| Russian twist                       | Glute bridges              | 12-15 | 3    | 0,5-2min |
| Lying leg raises                    | Donkey kicks               | 12-15 | 3    | 0,5-2min |
| Scissors kicks                      | Calf raises                | 12-15 | 3    | 0,5-2min |

### WEEKS 7-12

| EVERY OTHER WEEK: (weeks: 7, 9 & 11) |                   |      |      |         |
|--------------------------------------|-------------------|------|------|---------|
| WORKOUT 1 (whole)                    | WORKOUT 2 (upper) | REPS | SETS | REST    |
| Side lunges                          | Dumbbell pullover | 8-12 | 3-4  | 1-3 min |
| Dumbbell walking lunges              | Triceps           | 8-12 | 3-4  | 1-3 min |
| Squat to overhead press              | Bent-over row     | 8-12 | 3-4  | 1-3 min |
| Weighted sit-up                      | Overhead press    | 8-12 | 3-4  | 1-3 min |
| Lying leg raises                     | Push-up           | 8-12 | 3-4  | 1-3 min |
| Plank row                            | Wood chop         | 8-12 | 3-4  | 1-3 min |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

**2 TIMES / WK - HOME****WEEKS 7-12**

| <b>EVERY OTHER WEEK: (weeks: 8, 10 &amp; 12)</b> |                            |             |             |             |
|--|----------------------------|-------------|-------------|-------------|
| <b>WORKOUT 1 (whole)</b>                         | <b>WORKOUT 2 (lower)</b>   | <b>REPS</b> | <b>SETS</b> | <b>REST</b> |
| Kettlebell swings                                | Deadlift                   | 8-12        | 3-4         | 1-3 min     |
| Alternating superman                             | Squat (with weight or not) | 8-12        | 3-4         | 1-3 min     |
| Weighted sit-up                                  | Glute bridges              | 8-12        | 3-4         | 1-3 min     |
| Russian twist                                    | Donkey kicks               | 8-12        | 3-4         | 1-3 min     |
| Dead bug   | Calf raises                | 8-12        | 3-4         | 1-3 min     |
| Scissors kicks                                   | Lunge step-up              | 8-12        | 3-4         | 1-3 min     |

**WEEKS 13-18**

| <b>EVERY OTHER WEEK: (weeks: 13, 15 &amp; 17)</b> |                          |             |             |             |
|---|--------------------------|-------------|-------------|-------------|
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>REPS</b> | <b>SETS</b> | <b>REST</b> |
| Lunge step-up                                     | Dumbbell pullover        | 6-10        | 4           | 3-5 min     |
| Squat to overhead press                           | Bent-over row            | 6-10        | 4           | 3-5 min     |
| Kettlebell swings                                 | Overhead press           | 6-10        | 4           | 3-5 min     |
| Scissors kicks                                    | Wood chop                | 6-10        | 4           | 3-5 min     |
| Squat jump  | Push-up                  | 6-10        | 4           | 3-5 min     |
|   | Alternating superman     | 6-10        | 4           | 3-5 min     |

| <b>EVERY OTHER WEEK: (weeks: 14, 16 &amp; 18)</b> |                            |             |             |             |
|---|----------------------------|-------------|-------------|-------------|
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (lower)</b>   | <b>REPS</b> | <b>SETS</b> | <b>REST</b> |
| Wood chop   | Squat (with weight or not) | 6-10        | 4           | 3-5 min     |
| Weighted sit-up                                   | Deadlift                   | 6-10        | 4           | 3-5 min     |
| Lying leg raises                                  | Glute bridges              | 6-10        | 4           | 3-5 min     |
| Russian twist                                     | Dumbbell walking lunges    | 6-10        | 4           | 3-5 min     |
| Plank shoulder taps                               | Donkey kicks               | 6-10        | 4           | 3-5 min     |
|   | Calf raises                | 6-10        | 4           | 3-5 min     |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

## 2 TIMES / WEEK - GYM

### WEEKS 1-6

| EVERY OTHER WEEK: (weeks: 1, 3 & 5) |                      |       |      |          |
|-------------------------------------|----------------------|-------|------|----------|
| WORKOUT 1 (whole)                   | WORKOUT 2 (upper)    | REPS  | SETS | REST     |
| Side lunges                         | Lat pulldown         | 12-15 | 3    | 0,5-2min |
| Lunge step-up                       | Bent-over row        | 12-15 | 3    | 0,5-2min |
| Kettlebell swings                   | Seated cable row     | 12-15 | 3    | 0,5-2min |
| Dead bug                            | Overhead press       | 12-15 | 3    | 0,5-2min |
| Scissors kicks                      | Dumbbell chest press | 12-15 | 3    | 0,5-2min |
| Plank shoulder taps                 | Triceps              | 12-15 | 3    | 0,5-2min |

| EVERY OTHER WEEK: (weeks: 2, 4 & 6) |                         |       |      |          |
|-------------------------------------|-------------------------|-------|------|----------|
| WORKOUT 1 (core)                    | WORKOUT 2 (lower)       | REPS  | SETS | REST     |
| Wood chop                           | Dumbbell walking lunges | 12-15 | 3    | 0,5-2min |
| Back extensions                     | Deadlift                | 12-15 | 3    | 0,5-2min |
| Weighted sit-up                     | Back squat              | 12-15 | 3    | 0,5-2min |
| Russian twist                       | Hip thrust              | 12-15 | 3    | 0,5-2min |
| Hanging leg raises                  | Cable glute kickback    | 12-15 | 3    | 0,5-2min |
| Scissors kicks                      | Calf raises             | 12-15 | 3    | 0,5-2min |

### WEEKS 7-12

| EVERY OTHER WEEK: (weeks: 7, 9 & 11) |                      |      |      |         |
|--------------------------------------|----------------------|------|------|---------|
| WORKOUT 1 (whole)                    | WORKOUT 2 (upper)    | REPS | SETS | REST    |
| Side lunges                          | Lat pulldown         | 8-12 | 3-4  | 1-3 min |
| Dumbbell walking lunges              | Bent-over row        | 8-12 | 3-4  | 1-3 min |
| Squat to overhead press              | Seated cable row     | 8-12 | 3-4  | 1-3 min |
| Weighted sit-up                      | Overhead press       | 8-12 | 3-4  | 1-3 min |
| Hanging leg raises                   | Dumbbell chest press | 8-12 | 3-4  | 1-3 min |
| Plank row                            | Pullover + Triceps   | 8-12 | 3-4  | 1-3 min |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

**2 TIMES / WK - GYM****WEEKS 7-12**

| <b>EVERY OTHER WEEK: (weeks: 8, 10 &amp; 12)</b> |                          |             |             |             |
|--|--------------------------|-------------|-------------|-------------|
| <b>WORKOUT 1 (core)</b>                          | <b>WORKOUT 2 (lower)</b> | <b>REPS</b> | <b>SETS</b> | <b>REST</b> |
| Wood chop  | Bulgarian split squat    | 8-12        | 3-4         | 1-3 min     |
| Back extensions                                  | Deadlift                 | 8-12        | 3-4         | 1-3 min     |
| Weighted sit-up                                  | Back squat               | 8-12        | 3-4         | 1-3 min     |
| Russian twist                                    | Hip thrust               | 8-12        | 3-4         | 1-3 min     |
| Dead bug   | Cable glute kickback     | 8-12        | 3-4         | 1-3 min     |
| Scissors kicks                                   | Calf raises              | 8-12        | 3-4         | 1-3 min     |

**WEEKS 13-18**

| <b>EVERY OTHER WEEK: (weeks: 13, 15 &amp; 17)</b> |                          |             |             |             |
|---|--------------------------|-------------|-------------|-------------|
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>REPS</b> | <b>SETS</b> | <b>REST</b> |
| Box step-up                                       | Lat pulldown             | 6-10        | 4           | 3-5 min     |
| Box jump  | Bent-over row            | 6-10        | 4           | 3-5 min     |
| Squat to overhead press                           | Overhead press           | 6-10        | 4           | 3-5 min     |
| Kettlebell swings                                 | Triceps                  | 6-10        | 4           | 3-5 min     |
| Scissors kicks                                    | Dumbbell chest press     | 6-10        | 4           | 3-5 min     |
|   | Back extensions          | 6-10        | 4           | 3-5 min     |

| <b>EVERY OTHER WEEK: (weeks: 14, 16 &amp; 18)</b> |                          |             |             |             |
|---|--------------------------|-------------|-------------|-------------|
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (lower)</b> | <b>REPS</b> | <b>SETS</b> | <b>REST</b> |
| Wood chop   | Back squat               | 6-10        | 4           | 3-5 min     |
| Weighted sit-up                                   | Deadlift                 | 6-10        | 4           | 3-5 min     |
| Hanging leg raises                                | Hip thrust               | 6-10        | 4           | 3-5 min     |
| Russian twist                                     | Bulgarian split squat    | 6-10        | 4           | 3-5 min     |
| Plank shoulder taps                               | Cable glute kickback     | 6-10        | 4           | 3-5 min     |
| Lunge step-up                                     | Calf raises              | 6-10        | 4           | 3-5 min     |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

## **3 TIMES / WEEK - HOME**

### **WEEKS 1-6**

| <b>EVERY OTHER WEEK: (weeks: 1, 3 &amp; 5)</b> |                          |                          |
|--|--------------------------|--------------------------|
| <b>REPS: 12-15, SETS: 3, REST: 0,5-2 MIN</b>   |                          |                          |
| <b>WORKOUT 1 (core)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Wood chop                                      | Dumbbell pullover        | Dumbbell walking lunges  |
| Dead bug                                       | Triceps                  | Squat to overhead press  |
| Weighted sit-up                                | Bent-over row            | Deadlift                 |
| Lying leg raises                               | Overhead press           | Side lunges              |
| Scissors kicks                                 | Push-up                  | Glute bridges            |
| Alternating superman                           | Plank shoulder taps      |                          |

| <b>EVERY OTHER WEEK: (weeks: 2, 4 &amp; 6)</b> |                              |                            |
|--|------------------------------|----------------------------|
| <b>REPS: 12-15, SETS: 3, REST: 0,5-2 MIN</b>   |                              |                            |
| <b>WORKOUT 1 (whole)</b>                       | <b>WORKOUT 2 (upper)</b>     | <b>WORKOUT 3 (lower)</b>   |
| Lunge step-up                                  | Pullover + triceps           | Squat (with weight or not) |
| Kettlebell swings                              | Bent-over row                | Deadlift                   |
| Wood chop                                      | Overhead press               | Side lunges                |
| Russian twist                                  | Dumbbell chest press (floor) | Donkey kicks               |
| Scissors kicks                                 | Weighted sit-up              | Calf raises                |
| Plank row                                      | Alternating superman         |                            |

### **WEEKS 7-12**

| <b>EVERY OTHER WEEK: (weeks: 7, 9 &amp; 11)</b> |                            |                          |
|---|----------------------------|--------------------------|
| <b>REPS: 8-12, SETS: 3-4, REST: 1-3 MIN</b>     |                            |                          |
| <b>WORKOUT 1 (core)</b>                         | <b>WORKOUT 2 (upper)</b>   | <b>WORKOUT 3 (lower)</b> |
| Wood chop                                       | Dumbbell pullover          | Dumbbell walking lunges  |
| Dead bug  | Triceps                    | Squat to overhead press  |
| Weighted sit-up                                 | Bent-over row              | Deadlift                 |
| Lying leg raises                                | Overhead press             | Side lunges              |
| Scissors kicks                                  | Dumbbell chest press floor | Glute bridges            |
| Alternating superman                            | Plank row                  | Kettlebell swings        |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

### **3 TIMES / WK - HOME**

### **WEEKS 7-12**

| <b>EVERY OTHER WEEK: (weeks: 8, 10 &amp; 12)</b> |                          |                            |
|--|--------------------------|----------------------------|
| <b>REPS: 8-12, SETS: 3-4, REST: 1-3 MIN</b>      |                          |                            |
| <b>WORKOUT 1 (whole)</b>                         | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b>   |
| Dumbbell walking lunges                          | Wood chop                | Squat (with weight or not) |
| Kettlebell swings                                | Bent-over row            | Deadlift                   |
| Russian twist                                    | Overhead press           | Lunge step-up              |
| Lying leg raises                                 | Push-up                  | Donkey kicks               |
| Squat jump                                       | Weighted sit-up          | Glute bridges              |
| Plank shoulder taps                              | Alternating superman     | Calf raises                |

### **WEEKS 13-18**

| <b>EVERY OTHER WEEK: (weeks: 13, 15 &amp; 17)</b> |                          |                          |
|---|--------------------------|--------------------------|
| <b>REPS: 6-10, SETS: 4, REST: 3-5 MIN</b>         |                          |                          |
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Weighted sit-up                                   | Dumbbell pullover        | Dumbbell walking lunges  |
| Scissors kicks                                    | Triceps                  | Squat to overhead press  |
| Squat jump  | Bent-over row            | Deadlift                 |
| Russian twist                                     | Overhead press           | Side lunges              |
| Lying leg raises                                  | Push-up                  | Glute bridges            |
|   | Plank shoulder taps      | Kettlebell swings        |

| <b>EVERY OTHER WEEK: (weeks: 14, 16 &amp; 18)</b> |                              |                            |
|---|------------------------------|----------------------------|
| <b>REPS: 6-10, SETS: 4, REST: 3-5 MIN</b>         |                              |                            |
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (upper)</b>     | <b>WORKOUT 3 (lower)</b>   |
| Lunge step-up                                     | Bent-over row                | Squat (with weight or not) |
| Squat jump  | Dumbbell chest press (floor) | Deadlift                   |
| Squat to overhead press                           | Overhead press               | Dumbbell walking lunges    |
| Kettlebell swings                                 | Wood chop                    | Donkey kicks               |
| Scissors kicks                                    | Weighted sit-up              | Glute bridges              |
|   | Alternating superman         | Calf raises                |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

## **3 TIMES / WEEK - GYM**

### **WEEKS 1-6**

| <b>EVERY OTHER WEEK: (weeks: 1, 3 &amp; 5)</b> |                          |                          |
|--|--------------------------|--------------------------|
| <b>REPS: 12-15, SETS: 3, REST: 0,5-2 MIN</b>   |                          |                          |
| <b>WORKOUT 1 (core)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Wood chop                                      | Dumbbell pullover        | Dumbbell walking lunges  |
| Dead bug                                       | Triceps                  | Squat to overhead press  |
| Weighted sit-up                                | Bent-over row            | Deadlift                 |
| Hanging leg raises                             | Overhead press           | Side lunges              |
| Scissors kicks                                 | Dumbbell chest press     | Hip thrust               |
| Back extensions                                | Plank shoulder taps      |                          |

| <b>EVERY OTHER WEEK: (weeks: 2, 4 &amp; 6)</b> |                          |                          |
|--|--------------------------|--------------------------|
| <b>REPS: 12-15, SETS: 3, REST: 0,5-2 MIN</b>   |                          |                          |
| <b>WORKOUT 1 (whole)</b>                       | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Kettlebell swings                              | Lat pulldown             | Back squat               |
| Wood chop                                      | Bent-over row            | Deadlift                 |
| Lunge step-up                                  | Overhead press           | Bulgarian split squat    |
| Russian twist                                  | Dumbbell chest press     | Side lunges              |
| Scissors kicks                                 | Seated cable row         | Cable glute kickback     |
| Plank row                                      | Pullover + triceps       | Calf raises              |

### **WEEKS 7-12**

| <b>EVERY OTHER WEEK: (weeks: 7, 9 &amp; 11)</b> |                          |                          |
|---|--------------------------|--------------------------|
| <b>REPS: 8-12, SETS: 3-4, REST: 1-3 MIN</b>     |                          |                          |
| <b>WORKOUT 1 (core)</b>                         | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Wood chop                                       | Dumbbell pullover        | Bulgarian split squat    |
| Dead bug  | Triceps                  | Squat to overhead press  |
| Weighted sit-up                                 | Bent-over row            | Deadlift                 |
| Hanging leg raises                              | Overhead press           | Side lunges              |
| Scissors kicks                                  | Dumbbell chest press     | Hip thrust               |
| Back extensions                                 | Plank row                | Kettlebell swings        |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**

### **3 TIMES / WK - GYM**

### **WEEKS 7-12**

| <b>EVERY OTHER WEEK: (weeks: 8, 10 &amp; 12)</b> |                          |                          |
|--|--------------------------|--------------------------|
| <b>REPS: 8-12, SETS: 3-4, REST: 1-3 MIN</b>      |                          |                          |
| <b>WORKOUT 1 (whole)</b>                         | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Dumbbell walking lunges                          | Lat pulldown             | Back squat               |
| Kettlebell swings                                | Bent-over row            | Deadlift                 |
| Russian twist                                    | Overhead press           | Box step-up              |
| Hanging leg raises                               | Dumbbell chest press     | Cable glute kickback     |
| Box jump   | Seated cable row         | Hip thrust               |
| Plank shoulder taps                              | Wood chop                | Calf raises              |

### **WEEKS 13-18**

| <b>EVERY OTHER WEEK: (weeks: 13, 15 &amp; 17)</b> |                          |                          |
|---|--------------------------|--------------------------|
| <b>REPS: 6-10, SETS: 4, REST: 3-5 MIN</b>         |                          |                          |
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Weighted sit-up                                   | Lat pulldown             | Bulgarian split squat    |
| Scissors kicks                                    | Bent-over row            | Dumbbell walking lunges  |
| Russian twist                                     | Overhead press           | Squat to overhead press  |
| Hanging leg raises                                | Dumbbell chest press     | Deadlift                 |
| Lunge step-up                                     | Dumbbell pullover        | Side lunges              |
| Box jump  | Plank shoulder taps      | Hip thrust               |

| <b>EVERY OTHER WEEK: (weeks: 14, 16 &amp; 18)</b> |                          |                          |
|---|--------------------------|--------------------------|
| <b>REPS: 6-10, SETS: 4, REST: 3-5 MIN</b>         |                          |                          |
| <b>WORKOUT 1 (circuit)</b>                        | <b>WORKOUT 2 (upper)</b> | <b>WORKOUT 3 (lower)</b> |
| Box step-up                                       | Bent-over row            | Back squat               |
| Box jump  | Seated cable row         | Deadlift                 |
| Squat to overhead press                           | Overhead press           | Dumbbell walking lunges  |
| Kettlebell swings                                 | Lat pulldown             | Cable glute kickback     |
| Scissors kicks                                    | Wood chop                | Hip thrust               |
|   | Back extensions          | Calf raises              |

**NOTE! IN UNILATERAL EXERCISES (SINGLE LIMB), PERFORM THE SAME NUMBER REPETITIONS PER SIDE (e.g. dead bug 12 repetitions per side).**



# EXERCISES

## Dumbbell walking lunges

- Take a long step forward. Focus on the heel of the front foot.
- Squat straight down. Let the back knee bend close to the ground. Point your knees and toes in the same direction.
- Push up and bring the back leg to the front. Repeat the squat.

Area: gluteus, hamstrings and quadriceps

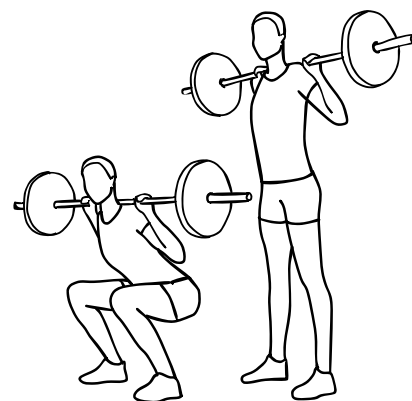


## Back squat

- Stand with your feet shoulder-width apart or slightly wider, the barbell on your shoulders. Keep your weight on your heels.
- Squat down, bringing your thighs to a horizontal level. Keep your core activated. Knees and toes point in the same direction. Keep your heels on the floor. Push yourself back up with your legs.

You can also squat with dumbbells, bringing the weights in front of your chest. For heavy weights, use a squat rack and safety bars. Place the barbell on your shoulders and step away from the holders before squatting.

Area: gluteus, hamstrings and quadriceps



## Bodyweight squat

- Stand with your feet shoulder-width apart or slightly wider. Keep your weight on your heels.
- Squat down, bringing your thighs to a horizontal level. Keep your core activated. Point your knees and toes in the same direction and keep your heels on the floor.
- Push yourself back up with your legs.

Keep your hands in front of your body or on your hips. Do not use your hands for momentum.

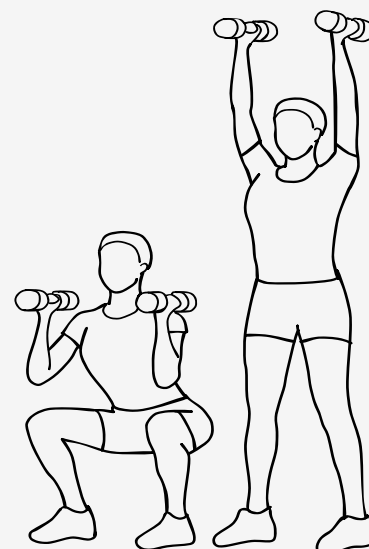
Area: gluteus, hamstrings and quadriceps



## Squat to overhead press

- Stand with your feet hip-width apart. Lift the dumbbells to shoulder height with your palms facing either towards each other or forward.
- Squat down until your thighs are horizontal. Push yourself back up, while pushing your arms straight up.
- Bring your hands back down and repeat the movement. Keep your core tight.

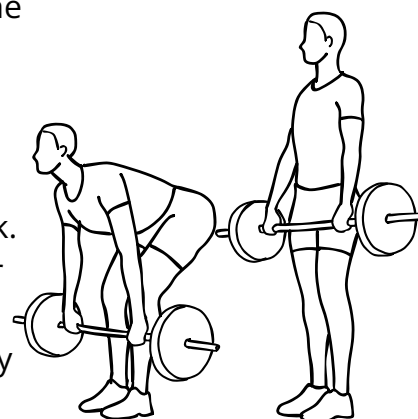
Area: gluteus, hamstrings and quadriceps, shoulders, biceps, triceps



## Straight-leg deadlift

- Stand with your feet hip-width apart, feet under the bar. Bend the knees slightly and the middle body from the hips. Grab the bar shoulder-width apart. Keep the spine neutral and activate the core.
- Lift the bar off the ground. Squeeze your glutes together, push your hips forward and lift your body. Don't overextend your back.
- Release the tension. The pelvis moves backwards, and the upper body leans forward as the bar descends.
- The bar moves in a vertical line up and down as close to the body as possible. You can also use dumbbells.

Area: gluteus, hamstrings, back



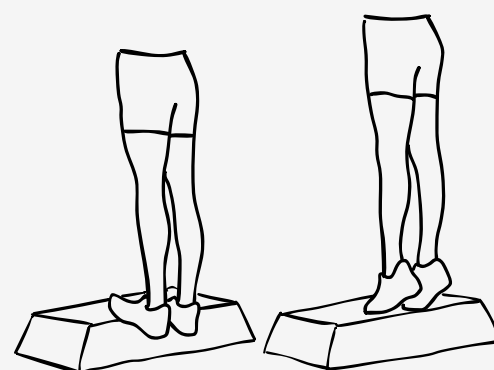
## Calf raises

- Stand on the edge of the stairs or another stable platform, weight on the balls of the feet.
- Lower your heels.
- Push up, lifting your heels as high as possible.

You can also do the movement with a Smith machine, with a barbell on your shoulders as additional weight.

You can also do the movement on the floor. Ensure that your heels do not rest on the floor between repetitions.

Area: calves

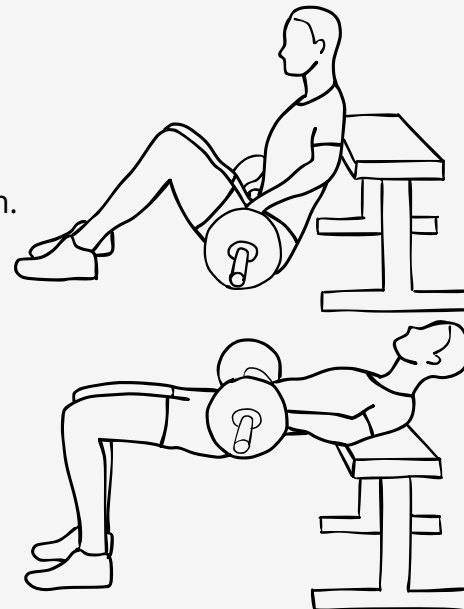


## Hip thrust

- Sit on the floor and lean back so that the upper back touches the bench. Place the barbell on top of your hips. Bend your knees.
- Lift your hips off the ground until your stomach is in a horizontal line. Activate your core and keep your back straight. Squeeze the glutes together in the upper position. The knees are at a 90-degree angle.
- Slowly lower your hips down and repeat.

You can put a pad around the barbell, so it doesn't put pressure on the hips. Hold the bar with your hands.

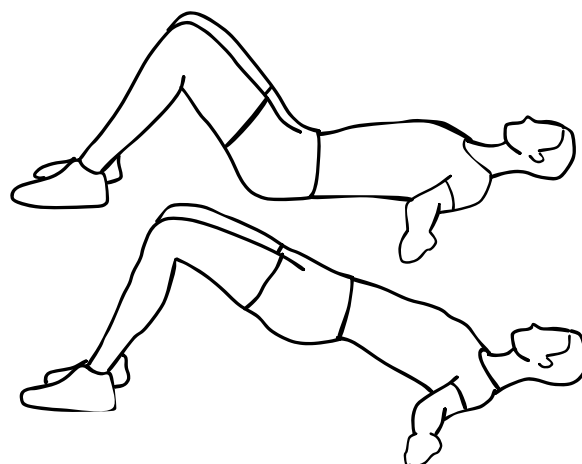
Area: gluteus, hamstrings and quadriceps



## Glute bridges

- Lie on your back, knees bent. Keep your shoulder on the floor.
- Lift your hips towards the ceiling so that your body forms a relatively straight line from your knees to your chest.
- Squeeze the glutes together in the upper position.
- Slowly lower your pelvis to the floor.

Area: gluteus, hamstrings and quadriceps

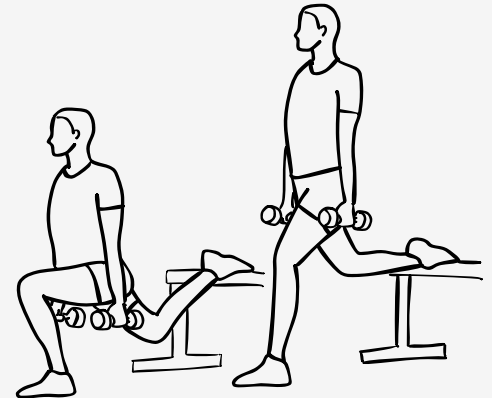


## Bulgarian split squat

- Stand facing away from the bench. Lift one leg onto the bench behind you. Keep your weight on the heel of the front foot.
- Squat straight down. The back knee bends close to the ground, and the front knee points in the same direction as the toes.
- Push back up and repeat the squat. Keep your body in good posture.

If desired, hold weights in your hands; otherwise, keep your hands on your hips.

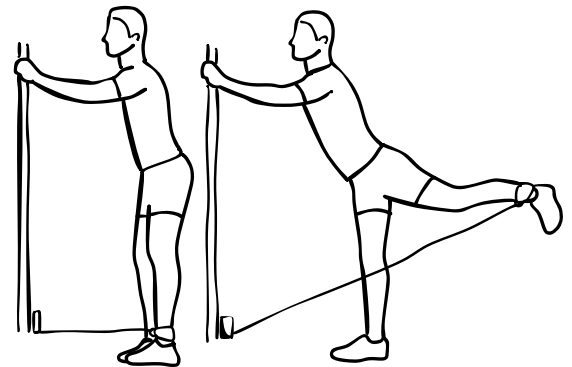
Area: gluteus, hamstrings and quadriceps



## Cable glute kickback

- Stand with your feet shoulder-width apart and knees slightly bent. Place the strap around one ankle so that the cable is in front of you.
- Lean slightly forward with your back straight, using your hands for support in front.
- Squeeze your glutes together and lift your leg slowly.
- Lower your leg down slowly.

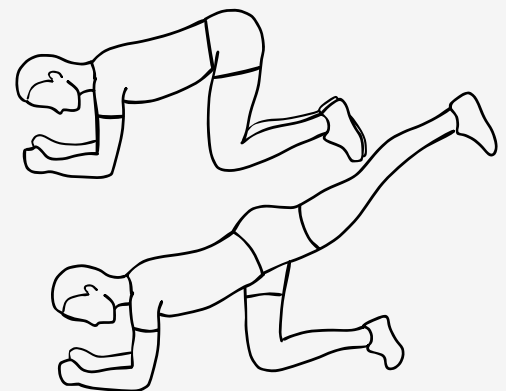
Area: gluteus, hamstrings



## Donkey kicks

- Get down on all fours on the floor. Hands shoulder-width apart and elbows directly under the shoulders, knees hip-width apart, directly under the hips.
- Lift one leg, either straight or with the knee bent at a 90-degree angle until the hamstring is in line with the back.
- Squeeze your glutes together and return to the starting position. The knee should not touch the floor.
- Do not let your back arch. Keep your head in line with your spine.
- If desired, you can use a resistance band.

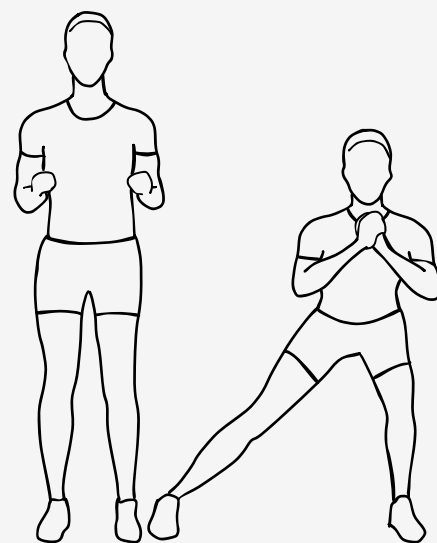
Area: gluteus, hamstrings



## Side lunges

- Stand with your feet hip-width apart.
- Take a long step to the side with one leg, shifting your body weight with the leg.
- Bend the knee into a squat while keeping the other leg straight.
- Push the leg back to the starting position.
- Optionally, you can hold a dumbbell in front of your chest.

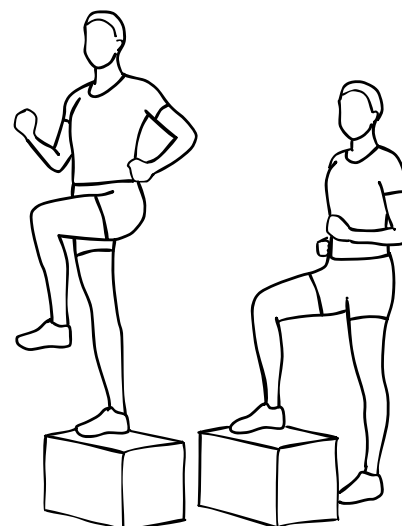
Area: thighs, adductors



## Box step-up

- Stand in front of a box or another flat platform. Step onto the box with one leg.
- Push your body up onto the box leg, and bring the free leg in front of the body in a bent position. Lower yourself down to the floor in a controlled manner.
- Repeat the movement with the other leg.
- The hands mimic a running motion.
- The movement can be performed briskly with a powerful push-off. Optionally, you can hold weights in your hands.

Area: gluteus, quadriceps

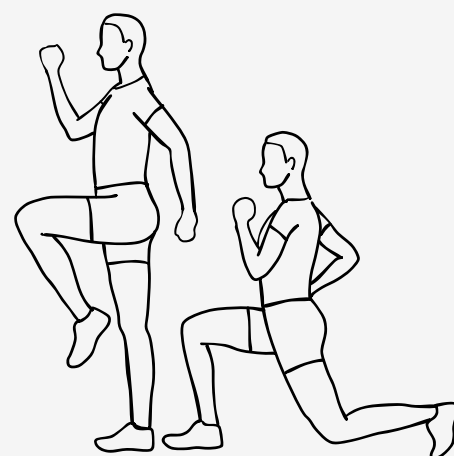


## Lunge step-up

- Step back with one foot and squat into a small lunge.
- Push back up so that the knee comes up in front of the body in a bent position.
- Return the foot down next to the other foot, and repeat the movement with the other leg.
- Perform the upward push and bring the leg forward briskly.
- The hands mimic a running motion. Optionally, you can use dumbbells.

You can also do this exercise on a Smith machine, with the barbell on your shoulders.

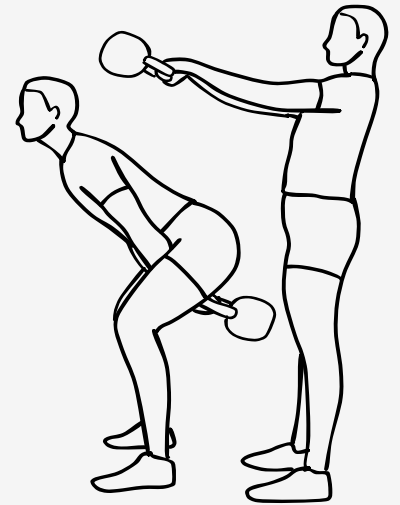
Area: gluteus, hamstrings and quadriceps



## Kettlebell swings

- Stand with your feet shoulder-width apart, and hold a kettlebell with both hands between the legs (arms straight).
- Slightly bend the knees and lean the torso forward, keeping the spine straight.
- Push your hips forward to lift your body. Swing the kettlebell up to shoulder height.
- Lower the arms relatively controlled. Focus on using the arms to move the kettlebell and avoid letting the weight drive the pendulum motion.

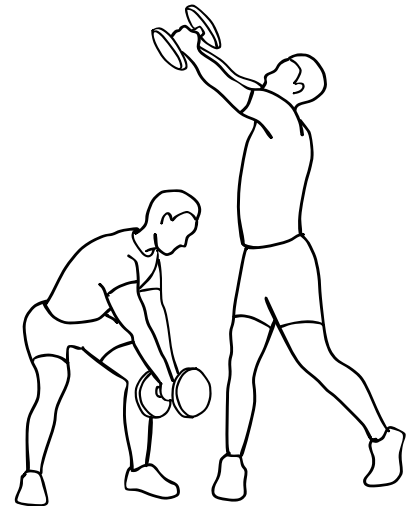
Area: gluteus, thighs, core, shoulders



## Wood chop

- Stand in a wide stance. Take the weight in your hands. Bend your knees slightly and shift the weight to the side of one knee, simultaneously bending your upper body downwards.
- Raise your upper body upright, moving your hands diagonally across your body to the other side.
- Keep your arms relatively straight throughout.
- Don't let the weight dictate the movement; control it yourself.
- Complete repetitions on one side first before switching sides.

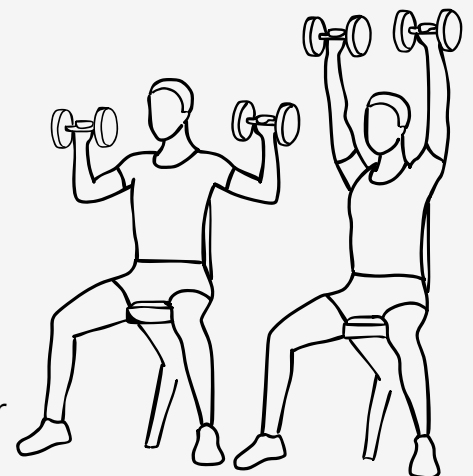
Area: obliques, arms, thighs



## Overhead press

- Lift the dumbbells to the outside of the shoulders, palms facing forward and arms out to the sides.
- Press the dumbbells towards the ceiling in a slightly curved motion, bringing them closer together.
- Bring it down in a controlled manner.
- The exercise can be performed either standing or sitting on a bench with or without back support. If you are not using back support, ensure your back stays straight.
- Performing the exercise while standing engages more power from other parts of the body, avoid arching the back.

Area: shoulders, triceps

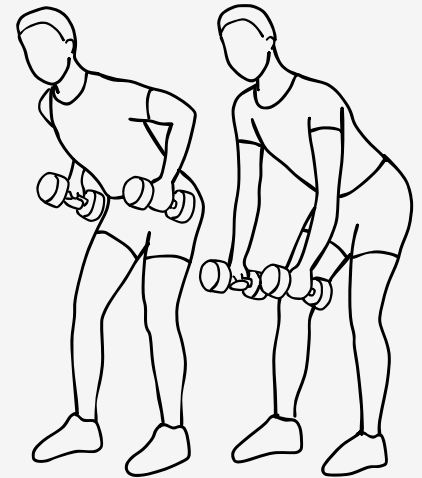


## Bent-over dumbbell row

- Stand with knees slightly bent. Lean forward significantly with a straight back and tight core. Lower your arms straight down, keeping your palms facing each other.
- Pull the shoulder blades together and raise your arms along your sides, with elbows pointing backwards.
- Return to the starting position in a controlled manner.

The movement can also be done with a barbell. Or on a bench with one hand: raise the knee and the arm on the same side to the bench, back horizontal. The performing hand hangs outside the bench.

Area: upper back, lats, biceps

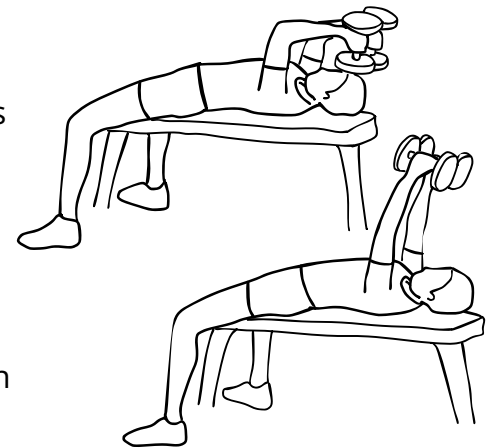


## Triceps - French press

- Lie on your back on a bench or the floor. Raise the dumbbells to straight arms above your shoulders.
- Bend your elbows and lower the dumbbells slowly towards your forehead. Keep your upper arms and elbows in place throughout the movement.
- Bring the weights back up. You can also perform the exercise by holding one larger weight with both hands.

You can combine the movement with a pullover, first by performing the pullover repetitions and immediately after with the triceps.

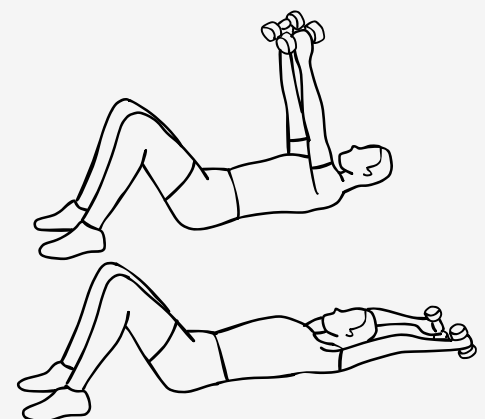
Area: triceps



## Dumbbell pullover

- Lie down on a bench with your head near the edge or on the floor.
- Raise the dumbbells towards the ceiling, extending your arms (with elbows slightly bent).
- Move the dumbbells slowly backwards until your arms are horizontal extensions of your head.
- Return your arms up to the starting position.
- Avoid excessive lifting of the lower back off the surface. Activate your core muscles.

Area: chest, triceps

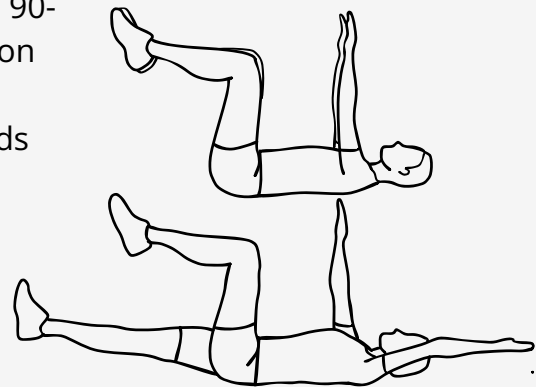


## Dead bug

- Lie down on your back. Raise your arms straight towards the ceiling and lift your legs, keeping your knees and hips at a 90-degree angle. Keep your lower back and shoulder blades on the floor all the time by activating your core.
- Slowly lower one arm and the opposite leg straight towards the floor, but keep them slightly off the ground.
- Slowly return the arm and leg to the starting position and repeat on the opposite sides.

Perform the movement always slowly and steadily.  
If desired, you can hold light dumbbells in your hands.

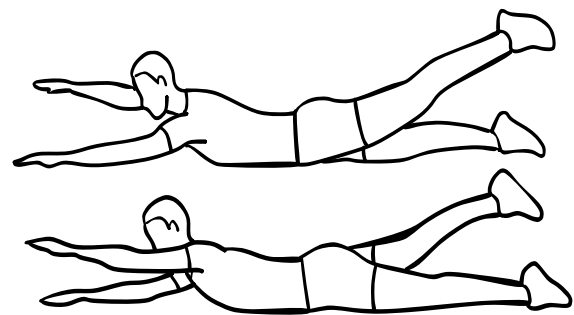
Area: rectus abdominis, triceps, quadriceps



## Alternating superman

- Lie down on your stomach on the floor and stretch your arms above your head as an extension of your body.
- Lift your arms and legs off the floor at the same time.
- Lower the opposite arm and leg while raising the other. Do the movement at a steady pace in turns, as if you were swimming.
- Finally, lower the limbs back down.

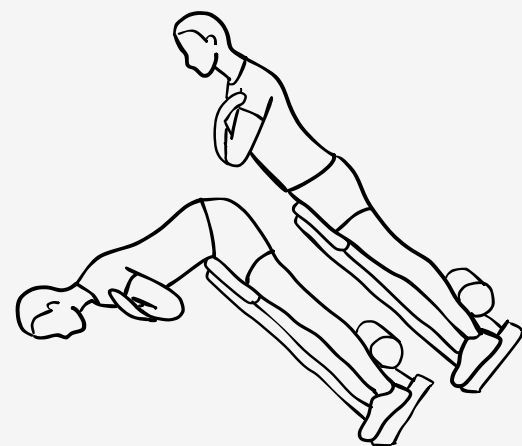
Area: back, hamstrings, gluteus



## Back extensions

- Position yourself on a rack intended for back extensions. Adjust the stand so that the foot support is above the ankles and the pelvic support aligns with the upper thighs.
- In the upper position, the back is straight. Place your hands on your chest or take a weight in your hands and bring it to your chest.
- Bend the upper body down from the hips to an angle of about 90 degrees and return up.

Area: back, hamstrings, gluteus

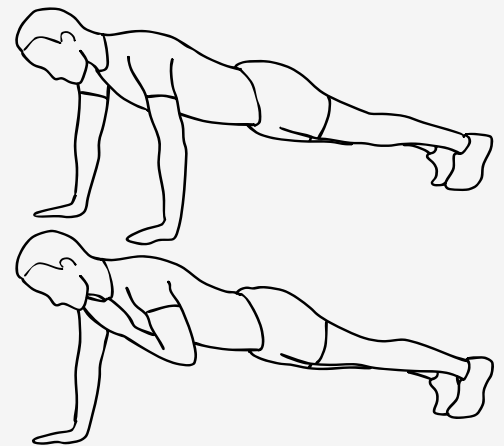


## Plank shoulder taps

- Get into a plank position, your arms straight and palms on the ground under your shoulders.
- Keep your back straight and core activated.
- Lift one hand off the floor and touch the opposite shoulder with it. Avoid twisting your hips.
- Lower the hand back down and repeat with the other hand.

If you can't hold yourself up, lower your knees on the ground.

Area: core, shoulders, arms

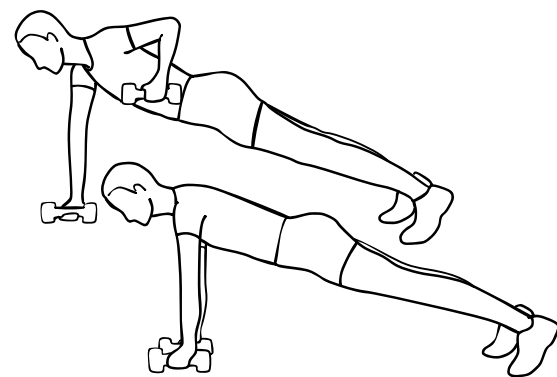


## Plank row

- Get into the plank position with dumbbells in your hands. Keep your back straight and your core activated.
- Lift one arm off the floor, pulling the shoulder blade towards the spine.
- Bring the dumbbell close to your side, with the elbow pointing backwards.
- Return the arm down in a controlled manner and repeat the same with the other hand.

If you can't hold yourself up, lower your knees on the ground.

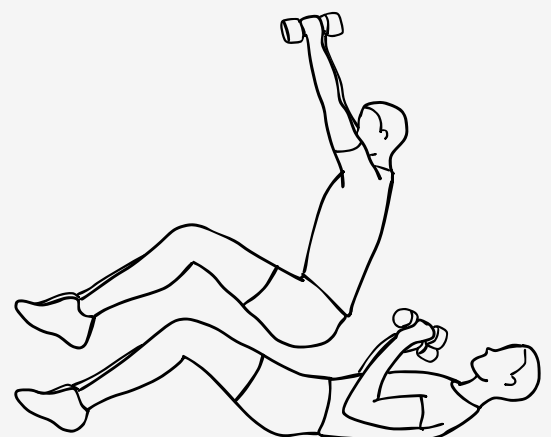
Area: core, shoulders, lats, arms



## Weighted sit-up

- Lie on your back on the floor with your knees bent. Do not place your feet under anything.
- Keep your hands by your sides or hold weights in your hands.
- Lift your upper body. As you come up, extend the weight towards the ceiling with straight arms.
- Lower the weight back to your chest and descend back down.
- Do not kick your legs to assist in rising.

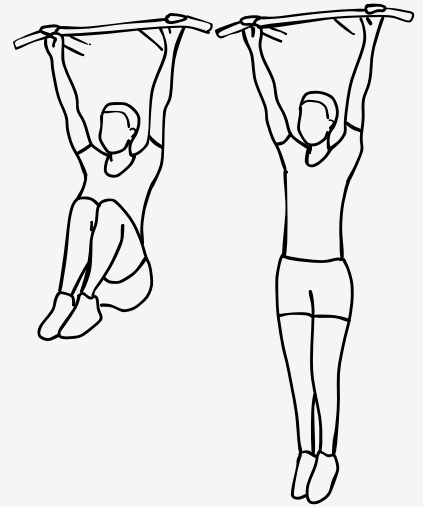
Area: rectus abdominis, shoulders



## Hanging leg raises

- Grab the pull-up bar with a shoulder-width grip (you can also use a captain's chair).
- Hang in the starting position with your legs and arms straight.
- Raise your legs by bending at the hips. When your thighs are parallel to the ground, continue the movement by bending your torso to lift your knees as high as possible.
- Lower your legs back down to the starting position in a controlled manner.
- You can perform the movement with straight legs or bent knees. Avoid swinging your legs.

Area: abs

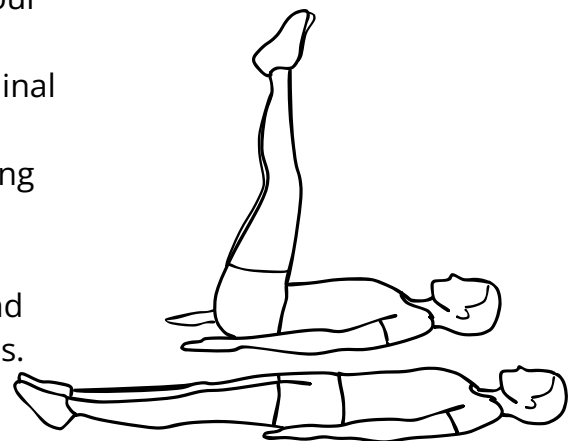


## Lying leg raises

- Lie on your back and lift your legs straight up. Keep your arms by your sides with palms facing down.
- Maintain a neutral spine position by activating abdominal muscles.
- Lower your legs down as far as possible without arching your back or letting your feet touch the floor.
- Raise your legs back to the starting position.

Optionally, you can place your hands behind your ears and lift your upper body slightly off the floor during repetitions.

Area: abs



## Russian twist

- Sit on the floor and lean back slightly, keeping your core muscles active.
- Keep your knees bent, feet on the floor or lifted off the ground.
- Hold weights in your hands. Rotate your upper body from side to side without moving your legs.

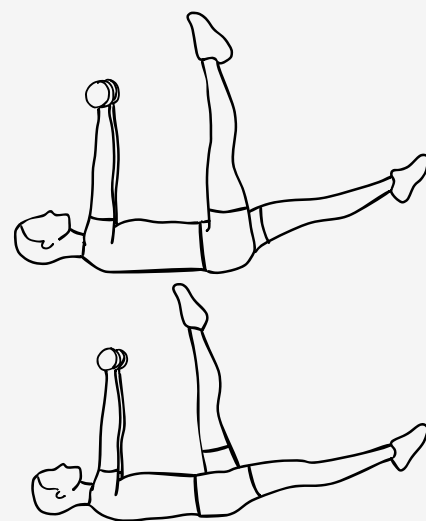
Area: obliques



## Scissors kicks

- Lie down on your back.
- Place your hands behind your ears and optionally lift your upper body slightly off the floor by activating abdominal muscles. Alternatively, hold weights in your hands and lift them towards the ceiling.
- Raise your legs straight up towards the ceiling. Lower them alternately towards the floor.
- Keep your lower back on the floor and avoid letting your legs touch the floor.

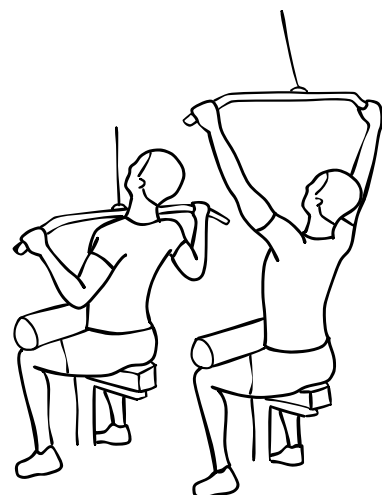
Area: rectus abdominis, quadriceps



## Lat pulldown

- Sit down and take a wide grip on the bar. Make sure the thigh support is firmly on the thighs. Keep your back straight, let your shoulders rise naturally.
- First, press your shoulders down and start pulling the bar towards your chest. Pull the shoulder blades together.
- Bring your hands back up in a controlled manner and let your shoulders rise slightly.

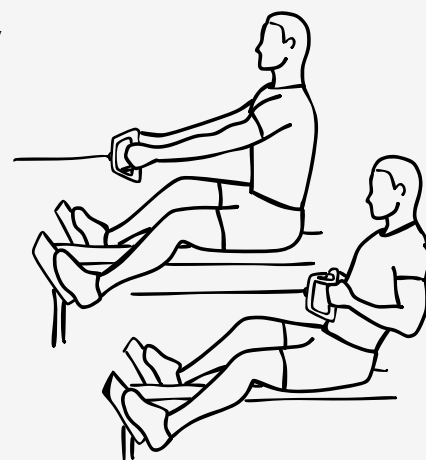
Area: lats, back, biceps



## Seated cable row

- Sit down and place your feet on the footrest, knees slightly bent. Lean forward from the hips and grip the V-bar with arms straight.
- Pull your shoulder blades together and lean back. Pull the bar towards your abdomen by bringing your elbows back. Keep your shoulders down.
- In the end position, your shoulder blades are tightly together, and you lean slightly backward.
- Return your arms to the starting position in a controlled manner.

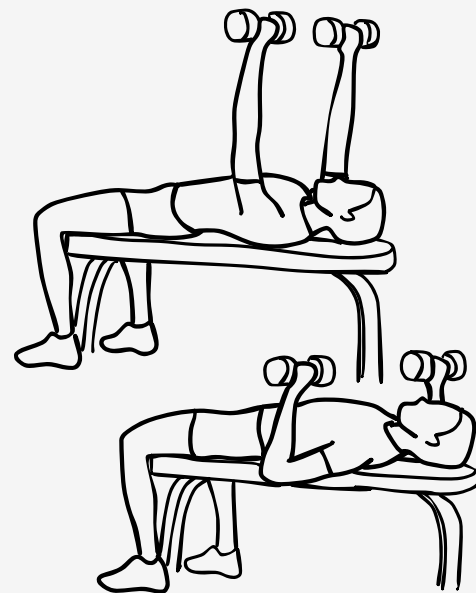
Area: lats, back, biceps



## Dumbbell chest press

- Sit on a bench with dumbbells on your knees. Lie down on your back, simultaneously moving the dumbbells to the sides of your body above your chest. Elbows should be pointing diagonally downward.
- Push the dumbbells towards the ceiling in a curved motion, bringing them closer together.
- At the top, your arms are extended directly above your chest, shoulder-width apart.
- Lower the weights in a controlled manner.

The exercise can also be done on the floor lying on your back with your knees bent or on a bench with a barbell (remember the safety bar if no one is securing).

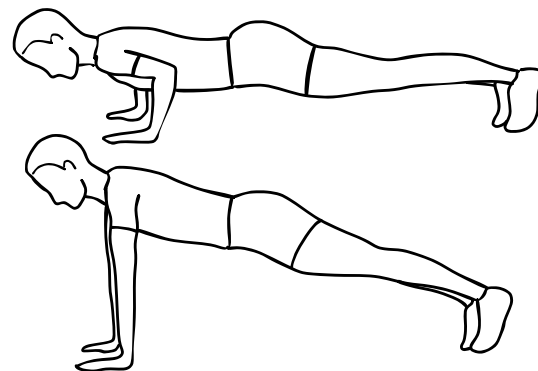


Area: chest

## Push-up

- Place your hands on the ground directly under your shoulders. Keep your toes on the floor. Activate your core and maintain a straight line from head to heels.
- Lower yourself towards the floor, keeping your elbows close to your body. Go as low as possible, but don't lie down on the floor.
- Avoid arching your back or lifting your hips upwards.
- Push back up.

To make it easier, lower your knees to the floor.



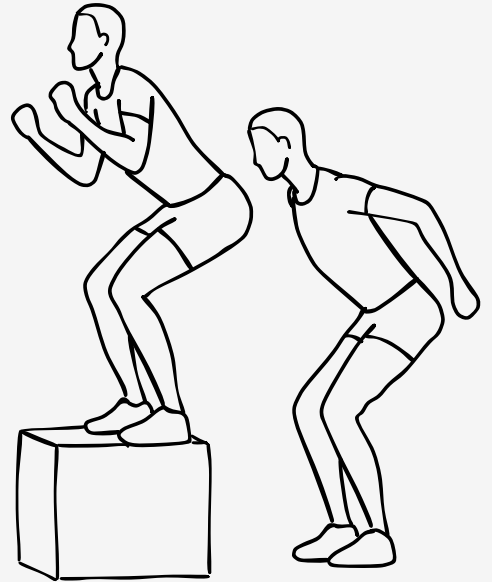
Area: chest, triceps, shoulders

## Box jump

- Stand in front of the box. Move the arms back and squat down.
- Jump onto the box with both feet. The hands come in front of the body. During the jump, pull the knees towards the chest. Bend your knees to soften the landing.
- Step down from the box by stepping back.

If box jumping is a new to you, start with lower boxes and when you gain strength and confidence in jumping, slowly move to higher ones.

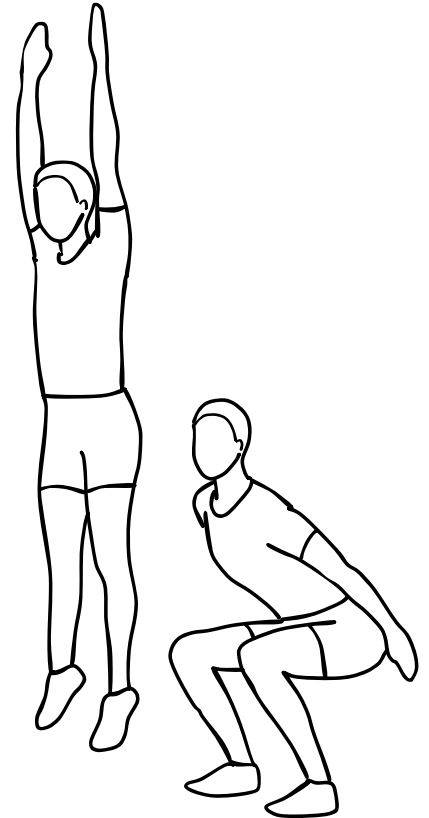
Area: gluteus, hamstrings and quadriceps



## Squat jump

- Bend your knees and squat down.
- Press your feet into the floor. Jump quickly upwards into the air in a straight line.
- In the air, the legs straighten and the feet come off the floor.
- Your arms can assist the jump either by extending downward behind your body or by reaching upward toward the ceiling.
- Lower yourself in a controlled manner, bending your knees into a squat.

Area: gluteus, hamstrings and quadriceps



**CONGRATULATIONS,  
YOU DID IT!**



**TRAINING, PROGRAMS & INFORMATION  
ABOUT TRAINING:**



@tuusasports



[www.tuusasports.com](http://www.tuusasports.com)