

# Build to Breakthrough

## DAY 1: CABLE TRACK

Be sure to complete a 5 min Dynamic Warm Up prioritizing moves that support the exercises you see in the workout as well as a Cool Down offering a deep stretch for the muscles worked.

### BLOCK 1:

- Barbell Hip Thrust: 12 reps
- Barbell Hip Thrust: 10 reps
- Barbell Hip Thrust: 8 reps

2 min Rest  
between sets

### BLOCK 2:

- Bench Press: 12 reps
- RDL: 12 reps
- Seated Row: 12 reps
- Alt Goblet Curtsey Lunge: 12 reps
- Hip Raise: 30 sec

3 sets

### BLOCK 3:

- Leg Press (each side): 20 reps
- Pullover Crunch: 20 reps

2 sets

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## DAY 1: DUMBBELL TRACK

Be sure to complete a 5 min Dynamic Warm Up prioritizing moves that support the exercises you see in the workout as well as a Cool Down offering a deep stretch for the muscles worked.

### BLOCK 1:

- Hip Thrust Pause: AMRAP 60 sec
- Hip Thrust Pause: AMRAP 50 sec
- Hip Thrust Pause: AMRAP 40 sec

2 min Rest  
between sets

### BLOCK 2:

- Bench Press: 12 reps
- RDL: 12 reps
- Seated Row: 12 reps
- Alt Curtsey Lunge: 12 reps
- Hip Raise: 30 sec

3 sets

### BLOCK 3:

- Leg Press (each side): 20 reps
- Suitcase Crunch: 20 reps

2 sets

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## DAY 1: BODYWEIGHT TRACK

Be sure to complete a 5 min Dynamic Warm Up prioritizing moves that support the exercises you see in the workout as well as a Cool Down offering a deep stretch for the muscles worked.

### BLOCK 1:

- Glute Bridge Pause: AMRAP 60 sec
- Glute Bridge Pause: AMRAP 50 sec
- Glute Bridge Pause: AMRAP 40 sec

2 min Rest  
between sets

### BLOCK 2:

- Push Ups: 45 sec
- Good Morning: 60 sec
- Bent Over Row: 45 sec
- Alt Curtsey Lunge: 60 sec
- Hip Raise: 30 sec

3 sets

### BLOCK 3:

- Leg Press (each side): 45 sec
- Suitcase Crunch: 45 sec

2 sets