



Month 6 - Gym version - Level beginner
Before starting, go with the warm up routine

Day 1	Exercise	Sets	Reps	Rest	Execution notes	Weight/Progression notes	Tutorial	Week 1	Week 2	Week 3	Week 4	Week 5
	Goblet squat	5	5	2'	Maintain a flat back during the whole movement, reach for 90° depth or just below parallel. If you can put a small heel under your heel, it helps maintaining upright torso	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=uJFStLR88gQk&ab_channel=fito-gracy	5 sets * 5 reps	5 sets * 4 reps	5 sets * 3 reps	3 sets * 3 reps	Test 6RM
	Squat jump		4		Be explosive in the move and soft on the landing, drive through the whole foot	Use 30/40% of the weight used in the front squat	https://www.youtube.com/watch?v=YGGq0AE5Uyc&ab_channel=ExperienceLifeMag					
	Double dumbbell row	4	8	90"	Tuck your shoulder blades, chest up and think of pushing your elbows backwards	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=0-DXJiceG-0&ab_channel=OPEXFitness	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
	Seated dumbbell shoulder press		8		Elbows pointing slightly in front of you, every rep start from your shoulders	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=AqzDJHxymwo&ab_channel=CrossFit	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
	Back extension	3	12--15	60"	Place yourself at a height that allows your hips to move freely. Go down and to come back up focus on pushing against the cushion on your quads	If you can perform 15 reps in all 3 sets, increase the weight the next week	https://www.youtube.com/watch?v=qUJWvCnDyE&ab_channel=Bodybuilding.com					
	Dumbbell pullover		12--15		Maintain your core engaged, in order to lengthen the lats and overextend your back. Guide the weight down and pull it back up		https://www.youtube.com/watch?v=QWVWvG4s8ab_channel=RenaissancePeriodization					
	Plank		30"--60"		Relax the quads and glute and focus only on your core work		https://www.youtube.com/watch?v=svJisG5Svck&ab_channel=Children%27sHospitalColorado					

Day 2	Exercise	Series	Reps	Rest	Execution notes	Weight/Progression notes	Tutorial	Week 1	Week 2	Week 3	Week 4	Week 5
	Kettlebell/Dumbbell deadlift	5	5	2'	Tuck your shoulder blades, straight back and focus on pushing your feet in the floor	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=z2AV0w6RLRIsA&ab_channel=GifsGoneStrong	5 sets * 5 reps	5 sets * 4 reps	5 sets * 3 reps	3 sets * 3 reps	Test 6RM
	Broad jump		4		Be explosive in the move and soft on the landing, drive through the whole foot		https://www.youtube.com/watch?v=c6Eg7bpFfI8&ab_channel=TheRunExperience					
	Lat machine	4	8	90"	Pull down your shoulder blades first, then focus on bringing down your elbows maintaining the chest up	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=sUGeRYIZdglU&ab_channel=Pur-eGym	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
	Push up		8		Tuck your shoulder blades, elbows at 45°, hands at chest width. Maintain your core active in order to not overextend your back	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=13ySVKYVJ8&ab_channel=CrossFit	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
	Reverse lunges	3	12--15 each leg	60"	Do a step backwards and come back up pushing through the front foot	If you can perform 15 reps in all 3 sets, increase the weight the next week	https://www.youtube.com/watch?v=Q2k3kYtOcI8&ab_channel=OPEXFitness					
	Ring/TRX row		12--15		Tuck your shoulder blade and pull backwards your elbow	If you can perform 15 reps in all 3 sets, increase the weight the next week, place your feet forward	https://www.youtube.com/watch?v=zyCuSGoe1qY&ab_channel=Pur-eGym					
	Russian twist		30"--60"		Focus on not moving your feet. The spin involves only the shoulders		https://www.youtube.com/watch?v=Tau0hsW8fR0&ab_channel=MarousFilly					