

Post Quarantine

GET BACK INTO THE GYM

6 Day

Workout Program

To Get You Back Into
Your Routine



DAY 1:

Back - Shoulders - Biceps

Superset: One	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Pulldown				
Seated Row				
Toe Taps: 30 Sec				
Superset: Two	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Reverse Close Grip Pulldown				
Straight Arm Pulldown				
Toe Taps: 30 Sec				
Superset: Three	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Single Arm Reverse Fly				
Single Cross Over Pulldown				
Toe Taps: 30 Sec				
Superset: Four	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Rope Hammer Curl				
Low Pulley Face Pull				
Toe Taps: 30 Sec				

NOTES:

DAY 2:

Legs - Core

Superset: One	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Squat				
Weighted Sit Ups				
Bench Hops: 30 Sec				
Superset: Two	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Lunges				
Russian Twists				
Bench Hops: 30 Sec				
Superset: Three	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Split Squat				
Bicycles				
Bench Hops: 30 Sec				
Superset: Four	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Weighted Step Ups				
Leg Raises				
Bench Hops: 30 Sec				

NOTES:

DAY 3:

Cardio - Active Recovery

Warm Up:

5 Minutes - Easy Pace

0:00 - 5:00

Set 1

3 X

5:00 - 9:30

Set 2

2 X

9:30 - 14:30

Set 3

2 X

14:30 - 20:30

Set 4

2 X

20:30 - 26:30

Moderate-Fast
Pace

30 Sec

60 Sec

90 Sec

60 Sec

Fast Pace

30 Sec

30 Sec

30 Sec

60 Sec

Easy Pace

30 Sec

60 Sec

60 Sec

60 Sec

(4:30 Minutes)

(5:00 Minutes)

(6:00 Minutes)

(6:00 Minutes)

Cool Down:

5 Minutes - Easy Pace

26:30 - 31:30

NOTES:

DAY 4:

Chest - Shoulders - Triceps

Superset: One	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Bench Press				
Upright Row				
Mountain Climbers: 30 Sec				
Superset: Two	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Close Grip Bench Press				
Chest Fly				
Mountain Climbers: 30 Sec				
Superset: Three	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Shoulder Press				
Side Raises				
Mountain Climbers: 30 Sec				
Superset: Four	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Plate Front Raise - Tricep Extension				
Push Up				
Mountain Climbers: 30 Sec				

NOTES:

DAY 5:

Legs - Core

Superset: One	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Deadlift				
Barbell Rollout				
Hop Overs: 30 Sec				
Superset: Two	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Stiff Legged Deadlifts				
Alternating V-Up				
Hop Overs: 30 Sec				
Superset: Three	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Good Mornings				
Overhead Lunges				
Hop Overs: 30 Sec				
Superset: Four	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Calf Raises				
Side Bends				
Hop Overs: 30 Sec				

NOTES:

DAY 6:

Full Body - High Intensity

Superset: One	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Turkish Get Up - Right				
Turkish Get Up - Left				
Burpees				
Superset: Two	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Push Up Renegade Rows				
Kettlebell Swing				
Burpees				
Superset: Three	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Power Clean and Jerk				
Front Rack Lunges				
Burpees				
Superset: Four	Set 1 <i>Weight/Reps</i>	Set 2 <i>Weight/Reps</i>	Set 3 <i>Weight/Reps</i>	Set 4 <i>Weight/Reps</i>
Bent Over Row				
Thruster				
Burpees				

NOTES:

For More Workouts: workouts.chelseysue.com

For Everything Else: chelseysue.com



Chelsey Sue

COACHING

CONTACT ME

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