



The Trekker Circuit

You will complete each Circuit (1,2,3) by performing each exercise in order. Rest between each exercise (A,B,C,D,E,F) and after you have completed each Circuit. Rest periods are listed below each workout heading.

This program is performed with dumbbells. You will want to place a couple of dumbbell sets next to you for each workout so you can use the inter-circuit rest period to take a break instead of having to go to the rack to exchange dumbbells. For most people, sets of 15s and 20s will suffice.

Each workout should be performed on non-training days in place of your normal conditioning work (e.g., hill sprints, intervals, etc.). You should know that your maxes will stagnate or even slide when you undertake an intense conditioning program such as this one. You can't serve two masters. When you become an intermediate lifter, you're either getting stronger or you're getting jacked. This program is designed to get you jacked by stripping away fat. Let me be very clear: it won't build muscle. If you aren't as big as you'd like to be, choose another program .

Workout One, Weeks 1-4

*25 seconds with 20 seconds rest
90 seconds between Circuits*

Circuit 1: Upper Body

- 1A. Dumbbell Bent-over Rows
- 1B. Dumbbell Push Press
- 1C. Dumbbell Push-ups
- 1D. Renegade Rows
- 1E. Dumbbell Lateral Raises
- 1F. Floor Dumbbell Flies

Circuit 2: Lower Body

- 2A. Goblet Squat
- 2B. Dumbbell Stiff-leg Deadlifts
- 2C. Bulgarian Split Squat
- 2D. Dumbbell Step-ups
- 2E. Dumbbell Reverse Lunge
- 2F. Dumbbell Side Lunge w/ Touch

Circuit 3: Full Body

- 3A. One Arm Dumbbell Swing (R)
- 3B. One Arm Dumbbell Swing (L)
- 3C. One Arm One Leg Dumbbell Row
- 3D. Dumbbell Hang Pull
- 3E. Dumbbell Sky Reach
- 3F. Dumbbell Burpees

Workout Two, Weeks 5-8

*30 seconds with 10 seconds rest
75 seconds between Circuits*

Circuit 1: Upper-Lower

- 1A. Dumbbell Bent-over Row
- 1B. Goblet Squat
- 1C. Dumbbell Push Press
- 1D. Dumbbell Step-ups
- 1E. Renegade Rows
- 1F. Dumbbell Reverse Lunge

Circuit 2: Lower-Upper

- 2A. Bulgarian Split Squat
- 2B. Dumbbell Push-up
- 2C. Dumbbell Stiff-leg Deadlift
- 2D. Dumbbell Lateral Raise
- 2E. Dumbbell Side Lunge w/ Touch
- 2F. Floor Dumbbell Flies

Circuit 3: Core

- 3A. Dumbbell Sky Reach
- 3B. Planks
- 3C. Single Leg Dumbbell Deadlift
- 3D. Dumbbell Chops
- 3E. Dumbbell V-ups
- 3F. Seated Russian Twists

Workout Three, Weeks 8-12

*35 seconds with 10 seconds rest
60 seconds between Circuits*

Circuit 1: Push Upper-Pull Lower

- 1A. Dumbbell Push Press
- 1B. Dumbbell Stiff-leg Deadlift
- 1C. Dumbbell Push-ups
- 1D. Dumbbell Good Mornings
- 1E. Dumbbell Floor Press
- 1F. Dumbbell Kneeling Tilt Backs

Circuit 2: Pull Upper-Push Lower

- 2A. Dumbbell Upright Row
- 2B. Bulgarian Split Squat
- 2C. Dumbbell Lateral Raises
- 2D. Dumbbell Reverse Lunge
- 2E. Renegade Rows
- 2F. Goblet Squats

Circuit 3: Bodyweight

- 3A. Split Jumps
- 3B. Spiderman Push-ups
- 3C. Burpees
- 3D. Side Planks (L)
- 3E. Side Planks (R)
- 3F. Mountain Climbers