



vitalize

Muscle - Strength - Vitality

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 UPPER BODY MUSCLE GROUP TARGETING 45 min	2 5-7 K RUN • or any type of cardio	3 LOWER BODY HEAVY LIFTS 45 min	4 	5 UPPER BODY GIANT SETS 45 min	6 LOWER BODY CIRCUITS + PLANK CHALLENGE 45 min
7 	8 FULL BODY STRENGTH + ABS 50 min	9 15-20K STEPS • or any type of cardio	10 FULL BODY METCON 🔥 1 hour	11 	12 GLUTES & DEADLIFTS + MOBILITY 45 min	13 UPPER BODY PUSH+PULL+ISO HOLDS 45 min
14 	15 LOWER BODY UNILATERAL 45 min	16 5-7 K RUN • or any type of cardio	17 UPPER BODY UNILATERAL + ABS/CORE 45 min	18 	19 POSTERIOR CHAIN + BICEPS 40 min	20 UPPER BODY PUSH + QUADS 40 min
21 	22 LOWER BODY PYRAMIDS 45 min	23 15-20K STEPS • or any type of cardio	24 FULL BODY POWER 🔥 1 hour	25 	26 ABS/CORE +STRETCHING 30 min	27 UPPER BODY PYRAMIDS 45 min
28 	29 FULL BODY COMPLEXES 50 min	30 5-7 K RUN • or any type of cardio	31 FULL BODY EXPLOSIVE POWER 45 min	1 AUGUST 	2 AUGUST 	





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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 ➡ FULL BODY BODYWEIGHT CALISTHENICS 40 min	3 ABS/CORE 30 min
4 	5 UPPER BODY HEAVY LIFTS 50 min	6 15-20K STEPS • or any type of cardio	7 LOWER BODY HEAVY LIFTS 50 min	8 	9 UPPER BODY CIRCUITS 45 min	10 LOWER BODY CIRCUITS 45 min
11 	12 UPPER BODY PUSH + QUADS 40 min	13 5-7 K RUN • or any type of cardio	14 POSTERIOR CHAIN + BICEPS 40 min	15 	16 UPPER+LOWER SUPERSETS + PUSH UP CHALLENGE 50 min	17 FULL BODY BODYWEIGHT STAMINA + CARDIO 30 min
18 	19 LOWER BODY SLOW ECCENTRICS 45 min	20 15-20K STEPS • or any type of cardio	21 UPPER BODY SLOW ECCENTRICS 45 min	22 	23 FULL BODY GIANT SETS 1 hour	24 ABS/CORE CHALLENGE 30 min
25 	26 FULL BODY SHRED 30 min	27 5-7 K RUN • or any type of cardio	28 FINALE SURPRISE 🥳	29 	30	31





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Join Our
Facebook
Group

Welcome to our 8-week Hybrid workout program! We've organized our workouts over four days a week, focusing on different aspects of fitness. Here's what we're going to do:

PROGRAM OVERVIEW:

Duration: 8 weeks

Frequency: 4 workouts per week + 1 optional Cardio day

Structure: Strength, Hypertrophy, and Power: The program features a mix of heavy, slow compound movements for strength, hypertrophy-focused workouts for muscle growth, and power exercises to boost explosive strength. The program aims to improve each week.

Equipment Needed:

- Dumbbells (preferably heavier and lighter sets)
- Yoga mat
- Bench or plyo box
- Yoga blocks (optional)
- Bands

Level of the Program:

- Intermediate to Advanced, Beginners can adjust
- The program is designed to accommodate various fitness levels, from beginners to those with more experience.
- Modifications will be provided throughout the workouts to cater to beginners or those with limitations.
- Participants are encouraged to listen to their bodies and adjust the intensity or substitute exercises as needed to align with their individual goals and abilities.
- Even if you only have one set of dumbbells, you can still follow along and benefit from the program.

Don't forget to join our Facebook community for helpful tips, support, and behind-the-scenes insights! It's a great place to connect with others who are following the program, share your progress, and get additional guidance from our team. We're excited to have you join us on this fitness journey!



Chris & Edi