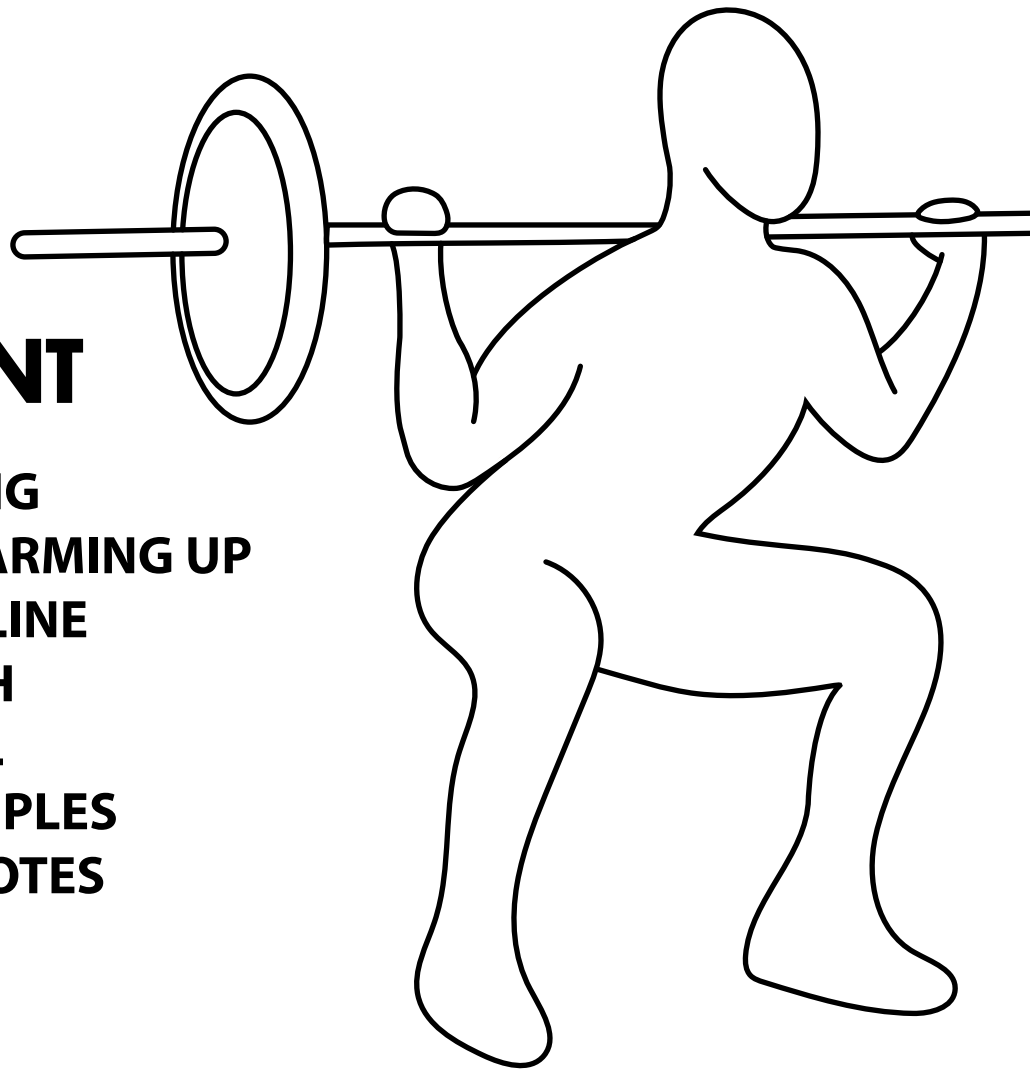


STRENGTH

PLEDGE TO FITNESS

PDF CONTENT

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WHAT IS STRENGTH?

Strength is defined as the capacity of a person to withstand great force or pressure.

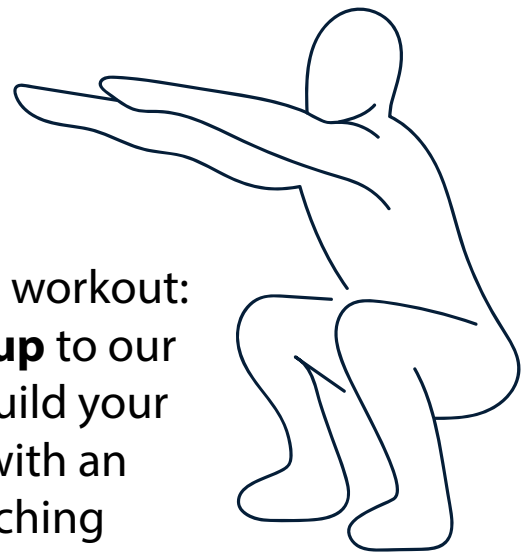
We will be focusing on creating muscular strength through short bursts of high force for the next **4-6 weeks**. This program can be performed in congruence with your *Pledgendary training sessions* or as a standalone. Speak with your Pledge Team Coach to create an optimized balance between your in-session work and this on-your-own program.

BEFORE STARTING

Always **monitor yourself** when performing a workout: avoid any exercise if it hurts, **work your way up** to our suggested set and repetition counts as you build your endurance. You should recover once a week with an **Active Rest Day** performing rolling and stretching of any tightness, and/or enjoy fun physical activities.

Perform all exercises with “Proper Form”. This means maintaining a wide chest, your shoulders down and back, a tight core (suck in your belly button towards your spine), and glutes engaged to maintain your hips directly below your rib cage.

For any given exercise, select weights and resistance based on what you can lift while maintaining proper form. A good rule of thumb for finding the right amount of weight to use: **your last three repetitions should burn.**



EQUIPMENT

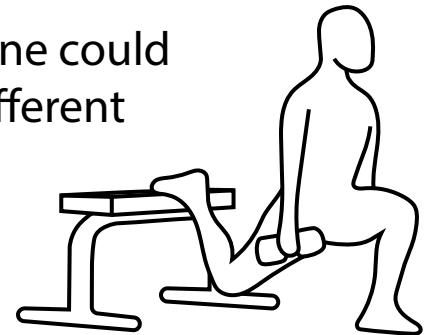
Recommended Equipment for Stability Training:

- **Stopwatch**
- **Mat**
- **Bands**

Recommended Equipment for Weighted Movements:

- **Dumbbells / Barbells**
- **Cables**
- **Kettlebell**

While our **PTFstudios** have all the equipment one could dream of, each exercise can be modified with different equipment you have available at the moment.



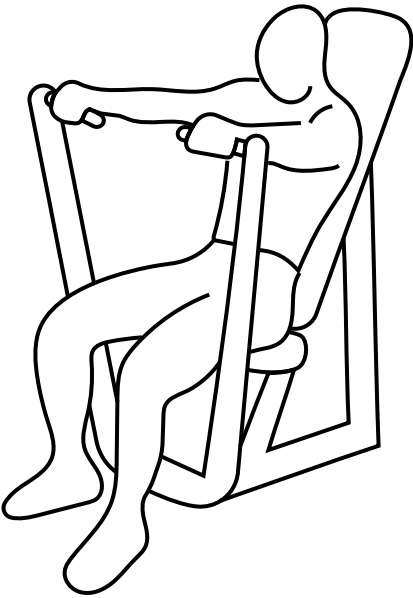
Use what you have at your disposal.

Each exercise in this PDF has suggestions as to how it can be modified with different equipment or to different difficulty levels.

WARMING UP

Each workout should be started with 5 minutes of any cardio activity and 5 minutes to stretch and roll any tightness.

This is **in addition to** the Dynamic Warm Up in each workout section.



Complete both workout sections **once per week, for up to six weeks.**

WORKOUT TIMELINE

DAY 1

**FULL BODY PUSH
Strength Training
pg. 5**

DAY 2

**FULL BODY PULL
Strength Training
pg. 6 *Optional- Complete Twice per Week***

FULL BODY PUSH

Complete FULL BODY PUSH Once Per Week

■ Illustrated Exercise

5

WORKOUT FLOW

Choose one of each MOVEMENT and perform 3-5 SETS of 3-5 REPETITIONS.
Complete sets of movement consecutively with rest in between.

REST: 30-60 seconds

Or until you feel fully recovered from the last movement.

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), **perform for 60 seconds each**

BEGINNER

PUSH

- Press Machine ■
- Hand Elevated Push Ups
- Floor Press
- Banded Shoulder Press



SQUAT

- Body Squat ■
- Assisted Squat



LUNGE

- Split Squat
- Walking Lunges ■



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PUSH

- Push Ups ■
- Weighted Press
- Chest Flys
- Military Press



SQUAT

- Weighted Squat



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat ■



CARDIO

- High Knees
- Jump Rope ■



DAY

1

ADVANCED

PUSH

- Handstand Push Ups
- Explosive Push Ups ■



SQUAT

- Jump Squat



LUNGE

- Jumping Split Squat



CARDIO

- Mountain Climbers
- Sprints ■



NOTES

FULL BODY PULL

WORKOUT FLOW

Choose one of each MOVEMENT and perform 3-5 SETS of 3-5 REPETITIONS.
Complete sets of movement consecutively with rest in between.

REST: 30-60 seconds

Or until you feel fully recovered from the last movement.

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced),
perform for 60 seconds each

BEGINNER

PULL

- Assisted Pull Ups ■
- Machine Row
- Pull Downs



HINGE

- Banded Deadlift



LUNGE

- Split Squat



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PULL

- Pull Ups ■
- Chin Ups
- Seated Cable Row



HINGE

- Deadlift



LUNGE

- Weighted Split Squat



CARDIO

- High Knees
- Jump Rope ■



DAY

2

ADVANCED

PULL

- Weighted Pull Ups ■
- Squatted Cable Row



HINGE

- Kettlebell Swing



LUNGE

- Jumping Split Squat



CARDIO

- Mountain Climbers
- Sprints ■



NOTES

WORKOUT EXAMPLES

*These examples are made to understand the different workout flows.
Please follow the exercises at your level and according to the day you are on.*

DAY 1 EXAMPLE FULL BODY PUSH

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Floor Press
- 60 seconds of Body Squat
- 60 seconds of Split Squat
- 60 seconds of Jump in Place

Workout

- 4 sets of 4 repetitions of Press Machine
Rest 30 seconds
- 4 sets of 4 repetitions of Assisted Squat
Rest 30 seconds
- 4 sets of 4 repetitions of Walking Lunges
Rest 30 seconds
- 4 sets of 4 repetitions of Jog in Place

DAY 2 EXAMPLE FULL BODY PUSH

Warm Up

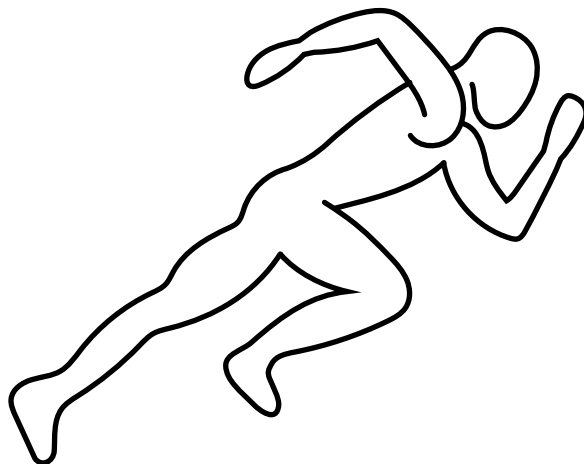
- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Pull Downs
- 60 seconds of Banded Deadlift
- 60 seconds of Split Squat
- 60 seconds of Jump in Place

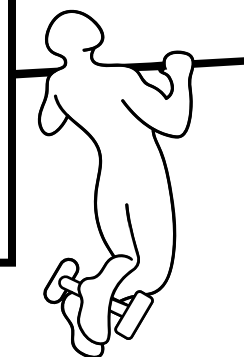
Workout

- 4 sets of 4 repetitions of Machine Row
Rest 30 seconds
- 4 sets of 4 repetitions of Banded Deadlift
Rest 30 seconds
- 4 sets of 4 repetitions of Split Squat
Rest 30 seconds
- 4 sets of 4 repetitions of Jog in Place



CONTACT US

If you have any questions, contact your Pledge Team Coach or write us at info@pledgetofitness.com



NOTES

DISCLAIMER

This handout has an educational purpose. It is not medical advice, nor is it intended to replace professional medical advice or treatment. It is also not intended to be exhaustive and cannot be guaranteed in every case to incorporate new scientific, kinesiological, or medical research, or to be retroactively updated to incorporate such new information, although every effort is made to provide the most up-to-date information available at the time of publishing. These workouts should also not be assumed to be universally applicable in every case, as every person's health status is unique. You are encouraged to verify any information or exercise obtained from this handout with your physician or other health care professional.

The use of this handout does not in itself constitute a relationship between you and Pledge To Fitness. Pledge To Fitness is not responsible for any training or exercise you undertake based solely on information from these workout suggestions.