14 Day Free Gym Workouts: day split

Full body Day 1:	Sets:	Reps:	Rest:
1a) BB back squats	3	10	10 seconds
1b) Rear lunges with DBs	3	5/ side	10 seconds
1c) Vertical Thrusts	3	6	120 seconds
2a) Medium grip Lat pull down	3	12	10 seconds
2b) Seated shoulder press	3	12	10 Seconds
2c) Vertical band pull apart	3	AMRAP	120 seconds

Upper body Day 2:

1a) Incline DB bench press	3	10	10 seconds
1b) Seated neutral row	3	10	10 seconds
1c) Push ups from knees or toes	3	AMRAP	120 seconds
2a) Preacher bicep curl	3	10	10 seconds
2b) Tricep dips	3	10	10 seconds
2c) Alt. Hammer grip bicep curl	3	10/side	10 seconds
2d) cable tricep press down	3	10	120 seconds

Cardio Day 3:

15-25 mins steady state on Stair climber or stair master.

Rest and Recovery Day 4:

Take this day to work on your mediation and stretching your whole body.

Lower body Day 5:

1a) Sumo deadlifts with DB	3	12	10 seconds
1b) Ball hamstring curl	3	Amraps	10 seconds
1c) V hip bridge walkout	3	4-8 reps	180 seconds
2a) laying hamstring curl	3	10 to 12	10 seconds
2b) Cable deadlifts	3	10 to 12	10 seconds
2c) Marching hip bridge	3	10 to 15/ side	120 seconds

HIIT Day 6:
3 to 5 rounds of the 8 exercises, 20 seconds of exercise and 10 seconds of rest inbetween each exercise. You can find many Free apps to tip this for you.

1a) Burpee
1b) Medicine ball slam
1c) Worm walkout
1d) Elbow taps
1e) Push up
1f) skipping
1g) Pop Squat
1h) Pulses squat

Cardio Day 7:

15-25 mins steady state on Stair climber or stair master.

Rest and Recovery Day 8:

Take this day to work on your mediation and stretching your whole body.

Full body 9 Day :	Sets:	Reps:	Rest:
1a) BB back squats	3	10	10 seconds
1b) Rear lunges with BB	3	5/ side	10 seconds
1c) Vertical Thrusts	3	6	120 seconds
2a) Medium grip Lat pull down	3	12	10 seconds
2b) Seated shoulder press	3	12	10 Seconds
2c) Vertical band pull apart	3	AMRAP	120 seconds

Upper body Day 10:

1a) Incline DB bench press	3	10	10 seconds
1b) Seated neutral row	3	10	10 seconds
1c) Push ups from knees or toes	3	AMRAP	120 seconds
2a) Preacher bicep curl	3	10	10 seconds
2b) Tricep dips	3	10	10 seconds
2c) Alt. Hammer grip bicep curl	3	10/side	10 seconds
2d) Standing cable press down	3	10	120 seconds

Cardio Day 11:

15-25 mins steady state on Stair climber or stair master.

Rest and Recovery Day 12:

Take this day to work on your mediation and stretching your whole body.

Lower body Day 13:

1a) Sumo deadlifts with DB	3	12	10 seconds
1b) Ball hamstring curl	3	Amraps	10 seconds
1c) V hip bridge walkout	3	4-8 reps	180 seconds
2a) laying hamstring curl	3	10 to 12	10 seconds
2b) Cable deadlifts	3	10 to 12	10 seconds
2c) Marching hip bridge	3	10 to 15/ side	120 seconds

HIIT Day 14:
3 to 5 rounds of the 8 exercises, 20 seconds of exercise and 10 seconds of rest inbetween each exercise. You can find many Free apps to tip this for you.

1a) Burpee
1b) Medicine ball slam
1c) Worm walkout
1d) Elbow taps
1e) Push up
1f) skipping
1g) Pop Squat
1h) Pulses