

SOHEE LEE

PHASE 1

Weeks 1 to 6 Warm Up

Perform the following dynamic warm-up circuit before each lifting session:

EXERCISE	REPS
Prone Lift-off	10 per side
Inchworm to Hip Lunge	5 per side
Dynamic Ankle Mobilization	10 per side
Lateral Squat	10 per side
Quad Stretch to Hamstring Sweep	10 per side

WEEK 1

DAY 1

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Split Squat	3	6-10 each leg	2 min
Barbell or Dumbbell Romanian Deadlift with 4-second lowering phase	3	6-10	2 min
Dumbbell Hip Thrust — <i>superset with</i> — Dumbbell Step-Up	3 — 3	12-15 — 6-10 each leg	30 sec — 1 min
Prone Band Leg Curl	2	12-15	1 min
Feet-Elevated Bodyweight Glute Bridge	2	20-30	1 min

DAY 2

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Barbell or Flat Dumbbell Bench Press	3	5-8 or 8-12	3 min
Inverted Row	3	6-10	2 min
Standing Dumbbell Shoulder Press — <i>superset with</i> — Bent-Over Band Row	3 — 3	6-10 — 12-15	30 sec — 2 min
Push-Up or Torso-Elevated Push-Up — <i>superset with</i> — Alternating Dumbbell Hammer Curl	2 — 2	8-12 — 12-15 each side	30 sec — 1 min

DAY 3

Cardio (optional)

Perform 30 minutes of moderate-intensity steady-state cardio with any modality — elliptical, bike, jogging or anything that gets your heart rate up.

DAY 4

Lower-Body Workout

EXERCISE	SETS	REPS	REST
B-Stance Romanian or Dumbbell Romanian Deadlift	3	8-12 each	2 min
Barbell or Dumbbell Reverse Lunge	3	8-12 each	2 min
Dumbbell Glute Bridge with 3-Second Pause	3	12-15	2 min
Goblet Squat — <i>superset with</i> — Dumbbell Sumo Stiff-Leg Deadlift	2 — 2	8-12 — 12-15 each side	30 sec — 1 min
Bodyweight Hip Thrust	2	20-30	1 min

DAY 5

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Bent-Over Barbell or Dumbbell Row	3	5-8	2 min
Seated Arnold Press	3	6-10	2 min
Half-Kneeling 1-Arm Band Row — <i>superset with</i> —	3 —	8-12 each side —	30 sec —
Dumbbell Pullover	3	8-12	2 min
Band Pull-Apart — <i>superset with</i> —	2 —	15-20 —	30 sec —
Dumbbell Skull Crusher	2	15-20	1 min

DAY 6

Cardio (optional)

First, perform a 5-minute warm-up of your choice.

Complete 6 sets of the following:

- 30 seconds moderate-high effort "sprint"
- 60 seconds of active rest (walking, slow biking, etc.)

Perform a 5-minute cool-down.

If you're feeling beat up from the lifting sessions, you are more than welcome to do a gentle activity such as walking, yoga or mobility work instead.

Day 7

Rest and recover

WEEK 2

DAY 1

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Split Squat	3	6-10 each leg	2 min
Barbell or Dumbbell Romanian Deadlift with 4-second lowering phase	3	6-10	2 min
Dumbbell Hip Thrust — <i>superset with</i> — Dumbbell Step-Up	3 — 3	12-15 — 6-10 each leg	30 sec — 1 min
Prone Band Leg Curl	2	12-15	1 min
Feet-Elevated Bodyweight Glute Bridge	2	20-30	1 min

DAY 2

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Barbell or Flat Dumbbell Bench Press	3	5-8 or 8-12	3 min
Inverted Row	3	6-10	2 min
Standing Dumbbell Shoulder Press — <i>superset with</i> — Bent-Over Band Row	3 — 3	6-10 — 12-15	30 sec — 2 min
Push-Up or Torso-Elevated Push-Up — <i>superset with</i> — Alternating Dumbbell Hammer Curl	2 — 2	8-12 — 12-15 each side	30 sec — 1 min

DAY 3

Cardio (optional)

Perform 30 minutes of moderate-intensity steady-state cardio with any modality — elliptical, bike, jogging or anything that gets your heart rate up.

DAY 4

Lower-Body Workout

EXERCISE	SETS	REPS	REST
B-Stance Romanian or Dumbbell Romanian Deadlift	3	8-12	2 min
Barbell or Dumbbell Reverse Lunge	3	8-12	2 min
Dumbbell Glute Bridge with 3-Second Pause	3	12-15	2 min
Goblet Squat — <i>superset with</i> — Dumbbell Sumo Stiff-Leg Deadlift	2 — 2	8-12 — 12-15 each side	30 sec — 1 min
Bodyweight Hip Thrust	2	20-30	1 min

DAY 5

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Bent-Over Barbell or Dumbbell Row	3	5-8	2 min
Seated Arnold Press	3	6-10	2 min
Half-Kneeling 1-Arm Band Row — <i>superset with</i> —	3 —	8-12 each side —	30 sec —
Dumbbell Pullover	3	8-12	2 min
Band Pull-Apart — <i>superset with</i> —	2 —	15-20 —	30 sec —
Dumbbell Skull Crusher	2	15-20	1 min

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Cardio (optional)

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Day 7

Rest and recover

WEEK 3

DAY 1

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Bulgarian Split Squat	3	5-8 each leg	2 min
Dumbbell Romanian Pause Deadlift with 2-second pause	3	8-12	2 min
B-Stance Dumbbell Hip Thrust — <i>superset with</i> — Dumbbell Reverse Lunge to Step-Up	3 — 3	12-15 each leg — 5-8 each leg	30 sec — 2 min
Eccentric Sliding Leg Curl	2	5-8	1 min
Single-Leg Foot-Elevated Bodyweight Glute Bridge	2	15-20 each	1 min

DAY 2

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Alternating Flat Dumbbell Bench Press	3	6-10 each arm	3 min
Pause Inverted Row with 2-second Pause	3	6-10	2 min
Dumbbell Push Press — <i>superset with</i> — Bent-Over Single-Arm Dumbbell Row	3 — 3	8-12 — 8-12 each arm	30 sec — 2 min
Push-Up or Torso-Elevated Push-Up* — <i>superset with</i> — Dumbbell Biceps Curl	2 — 2	8-12 — 8-12	30 sec — 1 min

*To increase difficulty from weeks 1-2, add a pause at the bottom of each rep or lower the elevation of the hands.

DAY 3

Cardio (optional)

Perform 30 minutes of moderate-intensity steady-state cardio with any modality — elliptical, bike, jogging or anything that gets your heart rate up.

DAY 4

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Single-Leg Braced Dumbbell Romanian Deadlift	3	8-12 each leg	2 min
Dumbbell Pause Reverse Lunge with 2-second Pause	3	8-12 each leg	2 min
Dumbbell Glute Bridge	3	20-30	2 min
Dumbbell Front Squat — <i>superset with</i> — Dumbbell Swing	2 — 2	12-15 — 12-15	30 sec — 1 min
Single-Leg Bodyweight Hip Thrust	2	15-20 each leg	1 min

DAY 5

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Pause Bent-Over Barbell or Dumbbell Row with 2-second Pause	3	5-8	2 min
Barbell or Dumbbell Push Press	3	5-18 or 8-12	2 min
Alternating Dumbbell Gorilla Row — <i>superset with</i> — Dumbbell Pullover	3 — 3	8-12 each side — 12-15	30 sec — 2 min
Band Pull-Apart — <i>superset with</i> — Bodyweight Bench Dip	2 — 2	20-30 — AMRAP	30 sec — 1 min

DAY 6

Cardio (optional)

First, perform a 5-minute warm-up of your choice.

Complete 6 sets of the following:

- 30 seconds moderate-high effort “sprint”
- 60 seconds of active rest (walking, slow biking, etc.)

Perform a 5-minute cool-down.

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Rest and recover

WEEK 4

DAY 1

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Bulgarian Split Squat	3	5-8 each leg	2 min
Dumbbell Romanian Pause Deadlift with 2-second pause	3	8-12	2 min
B-Stance Dumbbell Hip Thrust — <i>superset with</i> — Dumbbell Reverse Lunge to Step-Up	3 — 3	12-15 each leg — 5-8 each leg	30 sec — 2 min
Eccentric Sliding Leg Curl	2	5-8	1 min
Single-Leg Foot-Elevated Bodyweight Glute Bridge	2	15-20	1 min

DAY 2

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Alternating Flat Dumbbell Bench Press	3	6-10 each arm	3 min
Pause Inverted Row with 2-second Pause	3	6-10	2 min
Dumbbell Push Press — <i>superset with</i> — Bent-Over Single-Arm Dumbbell Row	3 — 3	8-12 — 8-12 each arm	30 sec — 2 min
Push-Up or Torso-Elevated Push-Up* — <i>superset with</i> — Dumbbell Biceps Curl	2 — 2	8-12 — 8-12	30 sec — 1 min

*To increase difficulty from weeks 1-2, add a pause at the bottom of each rep or lower the elevation of the hands.

DAY 3

Cardio (optional)

Perform 30 minutes of moderate-intensity steady-state cardio with any modality — elliptical, bike, jogging or anything that gets your heart rate up.

DAY 4

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Single-Leg Braced Dumbbell Romanian Deadlift	3	8-12 each leg	2 min
Dumbbell Pause Reverse Lunge with 2-second Pause	3	8-12 each leg	2 min
Dumbbell Glute Bridge	3	20-30	2 min
Dumbbell Front Squat — <i>superset with</i> — Dumbbell Swing	2 — 2	12-15 — 12-15	30 sec — 1 min
Single-Leg Bodyweight Hip Thrust	2	15-20 each leg	1 min

DAY 5

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Pause Bent-Over Barbell or Dumbbell Row with 2-second Pause	3	5-8	2 min
Barbell or Dumbbell Push Press	3	5-18 or 8-12	2 min
Alternating Dumbbell Gorilla Row — <i>superset with</i> — Dumbbell Pullover	3 — 3	8-12 each side — 12-15	30 sec — 2 min
Band Pull-Apart — <i>superset with</i> — Bodyweight Bench Dip	2 — 2	20-30 — AMRAP	30 sec — 1 min

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Cardio (optional)

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Rest and recover

WEEK 5

DAY 1

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Bulgarian Split Squat Pulse	3	8-12 each leg	2 min
Dumbbell Romanian Deadlift	3	12-15	2 min
B-Stance Dumbbell Pause Hip Thrust with 2-second Pause — <i>superset with</i> —	3	12-15 each leg	30 sec
Dumbbell Reverse Lunge to Step-Up — <i>superset with</i> —	3	6-10 each leg	30 sec
Bench Stepmover	3	8-12 each leg	2 min
Eccentric Sliding Leg Curl	2	8-12 each leg	1 min
Single-Leg Foot-Elevated Bodyweight Glute Bridge with 2-second Pause	2	8-12 each leg	1 min

DAY 2

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Incline Bench Press	3	6-10	3 min
High Inverted Row	3	12-15	2 min
Dumbbell Shoulder Press and Dumbbell Push Press — <i>superset with</i> —	3 —	8-12 and 8-12 —	30 sec —
Bent-Over Single-Arm Dumbbell Row — <i>superset with</i> —	3 —	12-15 each arm —	30 sec —
Dumbbell Face Pull	3	8-12	2 min
Weighted or Bodyweight Push-Up — <i>superset with</i> —	2 —	8-12 —	30 sec —
Dumbbell Biceps Curl Dropset	2	8-12	1 min

DAY 3

Cardio (optional)

Perform 30 minutes of moderate-intensity steady-state cardio with any modality — elliptical, bike, jogging or anything that gets your heart rate up.

DAY 4

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Single-Leg Braced Dumbbell Romanian Deadlift	3	8-12 each leg	2 min
Dumbbell Deficit Reverse Lunge with 2-second Pause	3	8-12 each leg	2 min
Dumbbell Glute Bridge — <i>superset with</i> — Bodyweight Glute Bridge	3 — 3	20-30 — 20-30	0 sec — 2 min
B-Stance Dumbbell Front Squat — <i>superset with</i> — B-Stance Dumbbell Swing	2 — 2	8-12 each leg — 12-15 each leg	30 sec — 1 min
Single-Leg Bodyweight Hip Thrust With 2-second Pause	2	12-15 each leg	1 min

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Upper-Body Workout

EXERCISE	SETS	REPS	REST
Bent-Over Barbell or Dumbbell Row	3	8-12	2 min
Barbell or Dumbbell Push Press	3	5-18 or 8-12	2 min
Alternating Dumbbell Gorilla Row — <i>superset with</i> — Dumbbell Pullover	3 — 3	12-15 each side — 12-15	30 sec — 2 min
Bent-Over Dumbbell Rear-Delt Flye — <i>superset with</i> — Bodyweight Bench Dip with 2-second Pause	2 — 2	12-15 — AMRAP	30 sec — 1 min

DAY 6

Cardio (optional)

First, perform a 5-minute warm-up of your choice.

Complete 6 sets of the following:

- 30 seconds moderate-high effort “sprint”
- 60 seconds of active rest (walking, slow biking, etc.)

Perform a 5-minute cool-down.

If you’re feeling beat up from the lifting sessions, you are more than welcome to do a gentle activity such as walking, yoga or mobility work instead.

Day 7

Rest and recover

WEEK 6

DAY 1

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Bulgarian Split Squat Pulse	3	8-12 each leg	2 min
Dumbbell Romanian Deadlift	3	12-15	2 min
B-Stance Dumbbell Pause Hip Thrust with 2-second Pause — <i>superset with</i> —	3	12-15 each leg	30 sec
Dumbbell Reverse Lunge to Step-Up — <i>superset with</i> —	3	6-10 each leg	30 sec
Bench Stepmover	3	8-12 each leg	2 min
Eccentric Sliding Leg Curl	2	8-12 each leg	1 min
Single-Leg Foot-Elevated Bodyweight Glute Bridge with 2-second Pause	2	8-12 each leg	1 min

DAY 2

Upper-Body Workout

EXERCISE	SETS	REPS	REST
Dumbbell Incline Bench Press	3	6-10	3 min
High Inverted Row	3	12-15	2 min
Dumbbell Shoulder Press and Dumbbell Push Press — <i>superset with</i> —	3 —	8-12 and 8-12 —	30 sec —
Bent-Over Single-Arm Dumbbell Row — <i>superset with</i> —	3 —	12-15 each arm —	30 sec —
Dumbbell Face Pull	3	8-12	2 min
Weighted or Bodyweight Push-Up — <i>superset with</i> —	2 —	8-12 —	30 sec —
Dumbbell Biceps Curl Dropset	2	8-12	1 min

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DAY 4

Lower-Body Workout

EXERCISE	SETS	REPS	REST
Single-Leg Braced Dumbbell Romanian Deadlift	3	8-12 each leg	2 min
Dumbbell Deficit Reverse Lunge with 2-second Pause	3	8-12 each leg	2 min
Dumbbell Glute Bridge — <i>superset with</i> — Bodyweight Glute Bridge	3 — 3	20-30 — 20-30	0 sec — 2 min
B-Stance Dumbbell Front Squat — <i>superset with</i> — B-Stance Dumbbell Swing	2 — 2	8-12 each leg — 12-15 each leg	30 sec — 1 min
Single-Leg Bodyweight Hip Thrust With 2-second Pause	2	12-15 each leg	1 min

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Upper-Body Workout

EXERCISE	SETS	REPS	REST
Bent-Over Barbell or Dumbbell Row	3	8-12	2 min
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Bent-Over Dumbbell Rear-Delt Flye — <i>superset with</i> — Bodyweight Bench Dip with 2-second Pause	2 — 2	12-15 — AMRAP	30 sec — 1 min

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Rest and recover