

## **BellaBUILD**

### **Week 1**

#### **4-5 Days per Week**

- ***As you begin this program, track the weights you're using and work towards getting the prescribed number of reps.***
- ***It's OK if you're under or over by a few reps but be sure you're close to failure (not reaching it) on each set. If you're not comfortable doing that with a specific exercise, simply add more reps.***
- ***Make sure to warm up by walking, biking, jogging in place, side stepping, or jumping rope for a few minutes before warm-up exercises.***
- ***Allow up to 3 minutes rest between compound exercises, and 45 seconds to one minute rest between isolation/easier lifts.***
- ***Keep an eye on recovery between sets.***
- ***For leaning down, you can shorten recovery between sets. As long as you feel recovered, you can start the next set.***
- ***For more details, see the Getting Started page and video.***

## WK1 - WORKOUT 1

— Warm Up: [Lower](#) | [Upper](#)

| Gym Workout                              | Home Workout                                | Sets | Reps             | Reps | Weight |
|--|---|------|------------------|------|--------|
| <a href="#">Smith machine hack squat</a> | <a href="#">Goblet squat</a>                | 3    | 8                |      |        |
| <a href="#">Smith machine hip thrust</a> | <a href="#">Single-leg hip thrust</a>       | 3    | G:12<br>H:8 (ea) |      |        |
| <a href="#">Back hyper (pause rep)</a>   | <a href="#">Incline bench reverse hyper</a> | 3    | 15               |      |        |
| <a href="#">Cable glute kickbacks</a>    | <a href="#">Band glute kickbacks</a>        | 3    | 16               |      |        |
| <a href="#">Offset walking lunges</a>    | <a href="#">Offset walking lunges</a>       | 2    | 8 (ea)           |      |        |

## WK1 - WORKOUT 2

— Warm Up: Lower | Upper

| Gym Workout                        | Home Workout                       | Sets | Reps   | Reps | Weight |
|------------------------------------|------------------------------------|------|--------|------|--------|
| <u>Neutral grip shoulder press</u> | <u>Neutral grip shoulder press</u> | 3    | 8      |      |        |
| <u>High rows on cable</u>          | <u>Band high rows</u>              | 3    | 10     |      |        |
| <u>Wide upright row</u>            | <u>Wide upright row</u>            | 3    | 10     |      |        |
| <u>Helms row</u>                   | <u>Helms row</u>                   | 3    | 8      |      |        |
| <u>Lateral raise</u>               | <u>Lateral raise</u>               | 3    | 8      |      |        |
| <u>Rocking plank</u>               | <u>Rocking plank</u>               | 2    | 20 sec |      |        |

## WK1: WORKOUT 3 (OPTIONAL)

— Warm Up: [Lower](#) | [Upper](#)

| Gym Workout   | Home Workout  | Sets | Reps     | Reps | Weight |
|---|---|------|----------|------|--------|
| <a href="#">Assault bike or spin bike</a>                           | <a href="#">Jumping jacks or high knees</a>                         | 5    | 20 sec   |      |        |
| <a href="#">Hip thrust</a>  | <a href="#">Band hip thrust</a>                                     | 3    | 20       |      |        |
| <a href="#">Leg extensions</a><br><i>Superset with</i>              | <a href="#">Dumbbell leg extensions</a><br><i>Superset with</i>     | 3    | 12       |      |        |
| <a href="#">Leg curls</a>   | <a href="#">Sliding floor curls</a>                                 | 3    | 10-12    |      |        |
| <a href="#">Abductor machine (fwd lean)</a>                         | <a href="#">Banded abductors</a>                                    | 3    | 20       |      |        |
| <a href="#">Overhead triceps extensions</a><br><i>Superset with</i> | <a href="#">Overhead triceps extensions</a><br><i>Superset with</i> | 3    | 12       |      |        |
| <a href="#">Crossbody biceps curls</a>                              | <a href="#">Crossbody biceps curls</a>                              | 3    | 8 (ea)   |      |        |
| <a href="#">Vacuum</a>  | <a href="#">Vacuum</a>  | 3    | 8-10 sec |      |        |

## WK1 - WORKOUT 4

— Warm Up: Lower | Upper

| Gym Workout                              | Home Workout                             | Sets | Reps              | Reps | Weight |
|--|--|------|-------------------|------|--------|
| <u>Dynamic step ups or quad step ups</u> | <u>Dynamic step ups or quad step ups</u> | 2    | 8 (ea)            |      |        |
| <u>Landmine deadlift</u>                 | <u>Dumbbell deadlift</u>                 | 3    | 10                |      |        |
| <u>Landmine RDL</u>                      | <u>Dumbbell RDL</u>                      | 3    | 12                |      |        |
| <u>Front foot elevated split squat</u>   | <u>Front foot elevated split squat</u>   | 3    | 8 (ea)            |      |        |
| <u>Reverse pull through</u>              | <u>Quadruped leg lifts</u>               | 3    | G:12<br>H:15 (ea) |      |        |
| <u>Dumbbell calf raise</u>               | <u>Dumbbell calf raise</u>               | 3    | 15                |      |        |

## WK1 - WORKOUT 5

— Warm Up: Lower | Upper

| Gym Workout                                      | Home Workout                          | Sets | Reps            | Reps | Weight |
|--|---------------------------------------|------|-----------------|------|--------|
| <u>KB swings</u>                                 | <u>DB swings</u>                      | 2    | 8-10            |      |        |
| <u>High incline smith machine shoulder press</u> | <u>High incline db shoulder press</u> | 3    | 8               |      |        |
| <u>Inverted row</u>                              | <u>Bent over db row</u>               | 3    | G:AMRAP<br>H:10 |      |        |
| <u>Y-press</u>                                   | <u>Y-press</u>                        | 3    | 10              |      |        |
| <u>Neutral grip lat pulldown</u>                 | <u>Band pulldown</u>                  | 3    | 8               |      |        |
| <u>Poliquin raise</u>                            | <u>Poliquin raise</u>                 | 3    | 8               |      |        |



***GREAT JOB  
FOR FINISHING  
WEEK 1!***

***YOU ROCK***

***See You Next Week***