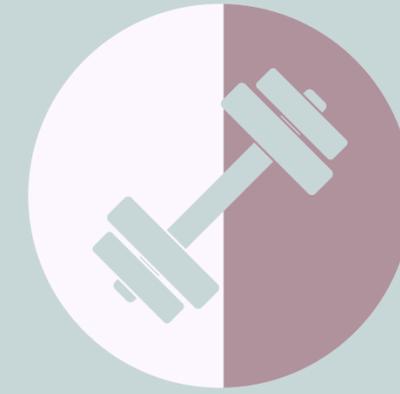




SWEAT LIKE SAM

3-WEEK FITNESS PROGRAM

THE LOW DOWN



- 3 weeks of workouts
- 5 days a week + 1 optional CARDIO ONLY day
- 2 rest days (I typically take these on Wednesday & Sunday but you decide based on your personal schedule)
- Workouts are designed to be about 45-60 minutes
- You will need at the very least a set of dumbbells and/or resistance bands
- Complete each workout as BEST as you can, if you're short on time instead of skipping the workout, cut down on circuits. So instead of repeating 3 times, repeat 2 times.
- Choose a weight that is CHALLENGING for you; You should struggle to get the last two reps of a set.
- Modifying is NOT failing, if you need help with a specific exercise please ask for a modification--this gives you something to work towards. I'd rather you modify than get hurt.
- Working out can be uncomfortable but it should never cause you PAIN. If you are in physical pain, stop.
- Stretch and/or foam roll
- Use the #SweatLikeSam and tag me @SamanthaLRusso on Instagram & Facebook when you complete a workout.
- Take before photos-- front, back, and side

WORKOUT DESIGN

The design of these workouts are very specific so I wanted to fill you in. Although you can choose to do the workouts in different order of days, please try to stick to the order of the workouts in each specific day. So for example, let's say your legs are sore and your next workout is a scheduled leg day, you are more than welcome to change that for back & biceps BUT you should still stick to the order of the workout AS written.



Dynamic Warm-up-- These are a series of movements designed to increase body temperature, activate the nervous system, increase range of motion, and correct limitations. It is key to do this before any training to make sure your body is ready to perform at its best.



Major Exercises -- These will be the same exercises each week. I want you to assess & build upon your strength. The 4 principles of training are progression, regularity, overload, and specificity so by doing these same exercises and either increasing weight or repetition each week we cover those bases!



Accessory Exercises-- These will change each week. They are focused on the muscle and are geared towards making the big strength movements you did prior stronger. These exercises are also a bit more "fun".



Cardio/Cool Down-- The general recommendation is to lift weights first when the body's main source of energy for muscle contraction (glycogen) is high. If you do a hard cardio workout before lifting, you deplete glycogen, which might impact your workout. We want to focus on strength training here since this will shape your body, it will create muscle that will in turn burn fat. Focusing on cardio does none of this.



Stretch

MODIFICATIONS

If you're working out at home or your gym doesn't have any of the pieces of equipment, refer back here or ask in the Facebook group for modification help.

Hamstring curl machine mod: Lie flat on stomach & place DB between feet, curl towards bottom & extend back down. OR hamstring curl using exercise ball: lie flat on back and place heels on top of ball. Lift hips to balance & create same movement (feet to bottom, extend back out)

Back squat mod: Instead of using a barbell, simply hold two dumbbells at your shoulders & squat.

Back extension mod: Prone glute extension. Lying flat on your stomach, curl your legs up toward the ceiling. Lift your legs using your glutes. You want to feel your pelvis lift off the floor.

Crab walk mod: Lying clam shells, fire hydrants, crab walk without bands

Tricep pushdown mod: Bench dips, Elevated feet bench dips, overhead (OH) extensions, tricep kickbacks

Lat pulldown mod: Lying over head pullovers, dumbbell row, dumbbell underhand row

Cable curl, cable underhand row mods: Same exercise just use dumbbells

Week 1, Day 1- Legs & HIIT Cardio

Dynamic Warm-up

Zombie walk x10 ea leg
Side to side lunge x10 ea side
Fire hydrants x15 ea side
High knees x25 ea side

Major Exercises

Back squat 3 sets x12-15reps
Romanian deadlift 3 sets x12-15reps
Hamstring curl 3 sets x12-15reps

Circuit--repeat 3 times

Reverse lunge to step-up x10 ea side
Pulsing sumo squat x20
Back extension x15
Jump squat x15

HIIT Cardio

(Treadmill, burpees, jump rope, rower, etc)

30 sec all out
30 sec rest

Repeat 7 times

STRETCH AND/OR FOAM ROLL

Week 1, Day 2- Shoulders & Abs

Dynamic Warm-up

Lying overhead arm raise x12

Band internal & external rotation

x10 ea side

Half kneeling external rotation

x10 ea side

Yoga push-up x10

Major Exercises

Standing shoulder press 3 sets

x12-15reps

L-raises 3 sets x12-15reps

Bent over rear delt row 3 sets

x12-15reps

AB CIRCUIT

Repeat 3 times

Bear crawl shoulder taps :30 sec

Russian twist x20

Sprinter crunches x20

Circuit--repeat 3 times

Around the worlds x10

Squat to upright row x10

Lateral raise pulses (light weight) x20

STRETCH AND/OR FOAM ROLL

Week 1, Day 3- REST

REST is just as much a part of any workout program as actual gym time.

Why?

When you exercise & lift weights you are literally creating TEARS in your muscles. Your body needs time to repair them.

Rest days:

- Restock glycogen stores (Glycogen is the stored form of glucose that the body warehouses for future use. It is stored mainly in the liver and the skeletal muscles. When energy is needed, glycogen is quickly mobilized to deliver the body the fuel that it needs.)
- Builds strength
- Minimizes fatigue
- Reduce risk of overuse injuries
- Helps to avoid mental & physical burnout
- Helps your body repair itself

Go for a walk, stretch and/or foam roll

Week 1, Day 4- Back & Bicep +HIIT

Dynamic Warm-up

Lying knees side-to-side x10
Glute bridge x12
Lying leg to hand swing x10
Cat cow x12

Major Exercises

Superset x3
Hammer curl x12-15
DB flat bench row x12-15

Superset x3
Cable curl or reg curl x12-15
Cable seated or DB underhand row
x12-15

Superset x3
21's
Lat pulldown x12-15

HIIT Cardio

(Treadmill, burpees, jump rope, rower, etc)

30 sec all out

30 sec rest

Repeat 7 times

STRETCH AND/OR FOAM ROLL

Week 1, Day 5- Chest & Tri + SS Cardio

Dynamic Warm-up

Forward arm circles x12

Band tears overhand x10

Band or PVC pipe front to back x10

Yoga push-ups x10

Major Exercises

Flat alt. chest press 3 sets 12-15ea

Flat chest fly 3 sets 12-15reps

Tricep OH extension 3 sets 12-15reps

Tricep pushdown 3 sets 12-15reps

Quick circuit-- x3

Burpee w/ push-up x10

Tricep bench dip x10

Squat to OH ball toss x10

Steady State Cardio

30 min cardio of choice

STRETCH AND/OR FOAM ROLL

Week 1, Day 6- Full Body

Dynamic Warm-up

Forward arm circles x12
Side to side lunge x10 ea
Cat cow x10
Zombie walk x10

Full Body Circuit

45 seconds of work, 30 seconds of rest

Squat to around the head w/ weight
Alternating Reverse lunge to front raise
Tricep push up
Med ball slam to burpee
Bent over DB row to reverse fly
OH weight w/ toe taps
Bicep curl to press

REST 1 MIN

repeat x3

**STRETCH AND/OR
FOAM ROLL**

Week 1, Day 7- REST or OPTIONAL CARDIO

Congratulations on completing WEEK 1 -- how do you feel?! Where do you need more help? Let me know in the Sweat Like Sam facebook group!

Don't forget to take progress pictures today or tomorrow!

OPTIONAL active rest day:

Fitness Class

Hike

SS cardio

Etc



Week 2, Day 1- Legs & HIIT Cardio

Dynamic Warm-up

Zombie Walk x10 ea side

Side to side lunge x10 ea side

Fire hydrants x15 ea side

High Knees x25 ea side

Major Exercises

Back squat 4 sets x12-15reps

Romanian deadlift 4 sets x12-15reps

Hamstring curl 4 sets x12-15reps

Circuit--repeat 3 times

Weighted walking lunge x10 ea side

Pulsing curtsey lunge x10 ea side

Banded crab walk x10 ea side

X-jumps x15

HIIT Cardio

(Treadmill, burpees, jump rope, rower, etc)

30 sec all out

30 sec rest

Repeat 7 times

STRETCH AND/OR FOAM ROLL

Week 2, Day 2- Shoulders & Abs

Dynamic Warm-up

Lying overhead arm raise x10

Band internal & external rotation
x10 ea side

Half kneeling external rotation
x10 ea side

Yoga push-up x10

Major Exercises

Standing shoulder press 4 sets x12-
15reps

L-raises 4 sets x12-15reps

Bent over rear delt fly 4 sets x12-
15reps

Circuit--repeat 3 times

Alt narrow grip shoulder press x10ea

Bent over Y raise x10

Plank w/ shoulder taps x10 ea side

AB CIRCUIT

Repeat 3 times

Lying leg lifts x15

A-frame Russian twist x20

Mountain climbers x20

STRETCH AND/OR FOAM ROLL

Week 2, Day 3- REST

Rest

Go for a walk, stretch and/or foam roll

Week 2, Day 4- Back & Bicep +HIIT

Dynamic Warm-up

Lying knees side-to-side x10

Glute bridge x12

Lying leg to hand swing x10

Cat cow x12

Major Exercises

Superset x3

Hammer Curl x12-15

DB flat bench row x12-15

Superset x3

Alt cross body curl x12-15

Cable underhand row OR DB/BB
underhand row x12-15

Superset x3

Incline bench curl x12-15

Lat pull down (wide grip) x12-15

HIIT Cardio

(Treadmill, burpees, jump rope, rower, etc)

30 sec all out

30 sec rest

Repeat 7 times

STRETCH AND/OR FOAM ROLL

Week 2, Day 5- Chest & Tri + SS Cardio

Dynamic Warm-up

Forward arm circles x12
Band tears overhand x10
Band or PVC pipe front to back x10
Yoga push-ups x10

Major Exercises

Flat alt. chest press 4 sets x12-15 ea
Flat chest fly 4 sets x12-15 reps
Tricep OH extension 4 sets x12-15reps
Tricep pushdown 4 sets 12-15 reps

Quick circuit-- x3

Push up with ball/weight pass x10
Elevated tricep bench dip x10
Narrow chest press to OH pull x10

Steady State Cardio

30 min cardio of choice

STRETCH AND/OR FOAM ROLL

Week 2, Day 6- Full Body

Dynamic Warm-up

Forward arm circles x12

Side to side lunge x10 ea

Cat cow x10

Zombie walk x10

Full Body Circuit

45 seconds of work, 30 seconds of rest

Butt kickers

Squat with weight punches

Plank jack to push-up

Lateral shuffle w/ floor tap

Plank DB row

Kneeling OH tricep extension

REST 1 MIN

repeat x3

**STRETCH AND/OR
FOAM ROLL**

Week 2, Day 7- REST or OPTIONAL CARDIO

Congratulations on completing WEEK 2 -- how do you feel?! Where do you need more help? Let me know in the Sweat Like Sam facebook group!

Don't forget to take progress pictures today or tomorrow!

OPTIONAL active rest day:

Fitness Class

Hike

SS cardio

Etc



Week 3, Day 1- Legs & HIIT Cardio

Dynamic Warm-up

Zombie Walk x10 ea side

Side to side lunge x10 ea side

Fire hydrants x15 ea side

High Knees x25 ea side

Major Exercises

Back squat 3 sets x8-10reps

Romanian deadlift 3 sets x8-10reps

Hamstring curl 3 sets x8-10reps

Circuit--repeat 3 times

Bulgarian split squat x10 ea side

Rev lunge to knee drive x10 ea side

Kneel to squat jump x15

HIIT Cardio

(Treadmill, burpees, jump rope, rower, etc)

30 sec all out

30 sec rest

Repeat 7 times

STRETCH AND/OR FOAM ROLL

Week 3, Day 2- Shoulders & Abs

Dynamic Warm-up

Lying overhead arm raise x10

Band internal & external rotation
x10 ea side

Half kneeling external rotation
x10 ea side

Yoga push-up x10

Major Exercises

Standing shoulder press 3 sets x8-
10

L-raises 3 sets x8-10reps

Bent over rear delt fly 3 sets x8-
10reps

Circuit--repeat 3 times

SA squat to upright row to press x12

Leaning lateral raise x10ea side

Around the worlds x10

AB CIRCUIT

Repeat 3 times

Side plank :30 sec ea side

Dead bugs :30 sec

Flutter kicks :30 sec

STRETCH AND/OR FOAM ROLL

Week 3, Day 3

Rest

Go for a walk, stretch and/or foam roll

Week 3, Day 4- Back & Bicep +HIIT

Dynamic Warm-up

Lying knees side-to-side x10

Glute bridge x12

Lying leg to hand swing x10

Cat cow x12

Major Exercises

Superset x3

Bicep curl x8-10

DB flat bench row x8-10

Superset x3

Wide angle curl x8-10

Cable underhand row OR DB/BB
underhand row x8-10

Superset x3

Rev grip curl x8-10

Lat pull down (wide grip) x8-10

HIIT Cardio

(Treadmill, burpees, jump
rope, rower, etc)

30 sec all out

30 sec rest

Repeat 7 times

STRETCH AND/OR FOAM ROLL

Week 3, Day 5- Chest & Tri + SS Cardio

Dynamic Warm-up

Forward arm circles x12

Band tears overhand x10

Band or PVC pipe front to back x10

Yoga push-ups x10

Major Exercises

Flat alt. chest press 3 sets x8-10 ea

Flat chest fly 3 sets x8-10 reps

Tricep OH extension 3 sets x8-10reps

Tricep pushdown 3 sets 8-10reps

Quick circuit-- x3

Push up to snap jump x10

Skull crushers x12

Steady State Cardio

30 min cardio of choice

STRETCH AND/OR FOAM ROLL

Week 3, Day 6- Full Body

Dynamic Warm-up

Forward arm circles x12

Side to side lunge x10 ea

Cat cow x10

Zombie walk x10

Full Body Circuit

45 seconds of work, 30 seconds of rest

Lunge jump to plank

Hammer curl to narrow press

Curtsey lunge to lateral raise

Bear crawl plank to front tap

Bench hops

Superman

REST 1 MIN

repeat x3

**STRETCH AND/OR
FOAM ROLL**

Week 3, Day 7- REST or OPTIONAL CARDIO

YOU DID IT!

You finished 3 weeks of workouts. Take progress pictures and compare the ones you take today with the ones you took in the beginning of this program.

What physical changes do you see?

What INTERNAL changes do you feel?

If you're comfortable, please share with the rest of the group!

So what now?

KEEP GOING!

What did you enjoy? What didn't you enjoy? What do you need more support around? Use this information to decide on your next steps. Feel free to repeat this program again and be sure to play around with weights & reps to keep it challenging!

