



Measurements:	Date: ____	Date: ____
Age		
Height		
Basal Metabolic Rate		

Measurements:	Date: ____	Date: ____
Weight		
Body Mass Index		
Body Fat Percentage		

Program Objective

Summer is right around the corner which means it's time to swap out your normal clothes for a bathing suit and hit the beach...but if you've been putting off getting in the gym that might seem pretty daunting. If that's how you feel right now don't worry, we've got your back. This 3x week program was created to jumpstart your summer fitness journey by shedding body fat and get you in prime shape!

Frequently Asked Questions

- 1. What do the letters and numbers next to the exercises mean?**
 - When exercises are labeled with a corresponding letter and number (Ex. A1-A2) they should be performed back-to-back with little to no rest as a superset/circuit.
- 2. When should I be using the programs? / How long will it take me?**
 - To avoid extreme soreness, separate the workouts with at least one rest day. Each workout will take around 30 minutes to complete depending on tempo.
- 3. What should I expect to gain from a 3x/week workout program?**
 - To burn 350-500 cal per workout, which equates to 1.2-1.7lbs of body fat per month. All without changing your diet!! For more info as to how your diet can accelerate your progress, email us at info@e3strength.com
- 4. I'm worried about doing certain exercises because of my previous and/or current injuries.**
 - Please contact us via email or phone and we'll get back to you on what you can/should do!



Type: _____

Date: _____

Workout: _____

	Warm-up	Sets	Reps	Notes
A1	Cobra	1	45s	Hold retraction for 4 seconds
B1	Tube Walking	2	30s	Perform at moderate pace (wide stance)

***Skipping the warm-up can increase the chance of injury**

	Exercises	Sets	Reps	Notes
A1	TRX Push-up	3	12	Little to no rest between supersets
A2	BW Squat	3	15	
B1	DB Floor Press	3	8,10,12	If increasing weight stay at 8 reps
C1	Pull-ups (w/ band)	2	10	Perform as many reps as possible before using assistance
C2	Hammer Curls	2	12	
D1	MB Overhead Press	2	15	
E1	High Tension Plank	3	20s,25s,30s	

***Exercises labeled with a corresponding letter and number should be performed as a superset.**

(Ex. A1 - A2)

****Rest should be kept as minimal as possible to increase intensity.**

	Cooldown	Sets	Reps	Notes
A1	Figure 4 Stretch	1	30s/leg	
A2	90° Pec Stretch	1	30s/arm	
A3	Straight Arm Stretch	1	30s/arm	



Type: _____

Date: _____

Workout: _____

	Warm-up	Sets	Reps	Notes
A1	Windshield Wipers	1	30s	
B1	Figure 4 Glute	3	5s/leg	
B2	Figure 4 Hip Flexor	3	5s/leg	
C1	Glute Bridge	1	15	Squeeze glutes at end range of motion

***Skipping the warm-up can increase the chance of injury**

	Exercises	Sets	Reps	Notes
A1	KB Deadlift	2	12	
A2	Standing Cable Row	2	15	
B1	Lunges	2	10/leg	If uncomfortable doing a Lunge perform 15 Squats
B2	Ball Slams	2	12	
B3	Mountain Climbers	2	20s,30s	
C1	Squat Jumps	4	20s	Should be performed as a Tabata Exercise ***See notes
C2	Reverse Crunch	4	20s	

***Exercises labeled with a corresponding letter and number should be performed as a superset.**

(Ex. A1 - A2)

****Rest should be kept as minimal as possible to increase intensity.**

*****To perform a "Tabata" Exercise perform 4 sets of 20s of each exercise always followed by 10s of rest.**

	Cooldown	Sets	Reps	Notes
A1	Childs Pose	1	30s	
A2	Figure 4 Glute	1	30s/leg	



Type: _____

Date: _____

Workout : _____

	Warm-up	Sets	Reps	Notes
A1	Figure 4 Glute	3	5s	
A2	Figure 4 Hip Flexor	3	5s	
B1	Y-T-A's	1	10	Be sure to depress shoulder blades during exercise

***Skipping the warm-up can increase the chance of injury**

	Exercises	Sets	Reps	Notes
A1	DB Goblet Squat	2	10	
A2	Double DB Kickback	2	12	
A3	TRX Row	2	15	
B1	Squat Thrusts	3	20s,25s,30s	To progress this exercise hold a MB
B2	High Knees	3	20s,25s,30s	
C1	Russian Twist	3	20s,25s,30s	
C2	Plank	3	20s,25s,30s	

***Exercises labeled with a corresponding letter and number should be performed as a superset.
(Ex. A1 - A2)**

****Rest should be kept as minimal as possible to increase intensity.**

	Cooldown	Sets	Reps	Notes
A1	Lat Stretch	1	30s/arm	
A2	Figure 4 Glute	1	30s/leg	
A3	Figure 4 Hip Flexor	1	30s/leg	