

BRICKBUILT

STRENGTH



Who We Are

At BrickBuilt Strength...

We are an online diverse fitness company that strives to enhance your overall well being, physically, mentally and emotionally. The partnership at BrickBuilt Strength between the mental and physical aspect is achieved through our unique training styles. We execute this by providing you with the tools to build upon your foundation. Accountability, support and consistency are rooted in our brand and through this we are able to reach individuals on all levels. We strive to guide you to fall in love with your fitness and to fall in love with the process.



Abbreviations

Abbreviation	Term
BB	Barbell
DB	Dumbbell
KB	Kettlebell
MB	Medicine Ball
SA	Single Arm
SL	Single Leg
RB	Resistance Band
OH	Overhead
RFT	Rounds for Time
KBS	Kettlebell Swing



Important Terms

Primary Lifts	<p>Usually multi-joint movements or compound lifts. Primary lifts are what start your main workout portion and should be done with proper rest time and for quality. These lifts set the tone for the rest of the workout, be sure to complete these fully.</p> <p><i>*Example, if there is A1) next to a lift and under is a A2) next to another lift, perform A1) for a set, then directly into A2) back and forth until all sets are completed.</i></p>
Accessory	<p>These necessary lifts are the meat of the workout! The accessory work is labeled in numerical order and will be completed in that order. It's important to follow the order of the exercises and the allotted rest time.</p> <p><i>*Tip if possible set up the entire accessory circuit before starting so the rhythm of the circuit runs smoothly.</i></p>
Active Rest/Mobility Work	<p>Active rest is very light exercise, often with stretching, which doesn't result in damage to the muscles. This day is just as important! This day is so important because of the way your body will recover due to the amount of stress and volume you will encounter during this challenge. Best results are produced when your body feels at its best so take this day with the same approach as your other days.</p>

Important Terms (cont.)

Metcon	<p>Metcon is short for metabolic conditioning. This follows some of your days instead of finisher and is different from the workout. This section should be completed under the required duration listed above each one, again don't skip this part!</p>
AMRAP	<p>Means "as many reps as possible," meaning to do a circuit of exercises as many times as possible within a specific period of time.</p>
EMOM	<p>Stands for every minute on the minute. An EMOM is a type of interval workout where you perform a specific task at the start of every minute for a set amount of time.</p>

Day One:

Lower Body Dynamic

A) Back Squat

Sets x Reps	Percentage
2x5	70%
2x3	75%
2x2	77%

*Rest :90 after each set.

Accessory

B) 3 rounds of the following:

Reps	Exercise
10	Double KB sumo deadlift
8/leg	BB front rack step-ups
12	Reverse hypers (no weight)
8	KB tempo goblet squat
:20/side	Side planks

*Rest :90 after each round.

Day Two:

Upper Body Dynamic

A1) Standing Strict Press

Sets x Reps	Percentage
4x5	70%

*Work to moderate weight without sacrificing form.

A2) Banded Pull Aparts

Sets x Reps
4x12

*Rest :90 after 1B is completed.

Accessory

B) 3 rounds of the following:

Reps	Exercise
10	DB bench with neutral grip
5	Negative chin-ups
10	DB lateral to front raise
8	Back extension with pause at top
12	DB skull crushers
10	Hollow rocks

*Rest :90 after each round.

Day Three:

Total Body Dynamic

A1) Sumo Deadlift

Sets x Reps	Percentage
4x3	75% (or moderate weight)

*Work on form, bracing and staying tight on every pull.

A2) Banded TKE's

Sets x Reps
4x10/each

Accessory

B) 3 rounds of the following:

Reps	Exercise
5/leg	KB Standing split squats
8/arm	DB SA seal row
10	Russian KBS
12	Hamstring sliders
50 ft.	DB farmer's carry
10	Deadbugs

*Rest :90 after each round.

Day Four:

Conditioning

A1) Metcon

4RFT
400m row or 300m run
12 hand release push-ups
10 box jump overs
10 MB slams

Accessory

B) 3 rounds of the following:

Reps	Exercise
10	DB v-ups
:30	Hollow holds
20	KB Russian twist

*Rest :90 after each round.

Cooldown

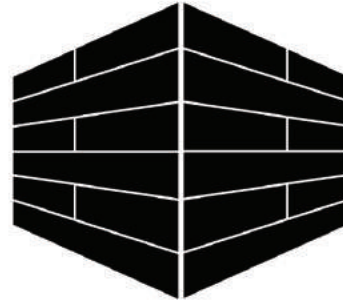
C) Stretch the following:

5 min foam roll
IT band
Hamstring
Piriformis
T-spine

Thank You

First, we would like to say how appreciative we are for the support every one of you has shown for the BrickBuilt team. It means the world to us that you have let us be a part of your fitness journey. We want you guys to enjoy this week and give 110% effort! We have had a lot of fun and put a lot of passion into creating this program. We put this week into a PDF form so that you have access to it at your discretion.





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The goal at BrickBuilt is to *“fall in love with fitness, fall in love with the process”* and what is wrong with looking good as hell while doing it...right?

Enjoy this free week from the BrickBuilt team!