

# ROBUST ATHLETICS

BUILDING STRONG AND FLEXIBLE HUMANS

## Sample Week



Week 1 of 12-week program

### Monday

#### Block 1 - A1

Circuit

Warm Up 2 sets 60 sec marching cross crawl 5 Hip CARs each direction / each side 45 sec Calf Stretch each side

(A)

#### Goblet Box Squat

3 x 8

(B1)

#### Standing Hip Flexion Hold

3 x 10

(B2)

#### Front Rack DB Good Morning

3 x 8

(C1)

#### Toes Elevated Calf Raise

3 x 10

(C2)

#### Tibialis Raises

(D1)

#### Quadruped Hip Extensions

(D2)

Circuit

2 sets 60 sec x side lying quad stretch 60 sec x seated pike stretch

(E)

### Tuesday

#### Block 1 - B1

Circuit

1-2 rounds Rib Grab x 30 sec each side

(A)

HK T Rotations on wall x 10 each side 3 x Inchworms

#### Incline DB Bench Press

3 x 8

(B1)

#### Single Arm Upright Row

3 x 6

(B2)

#### 45 Degree Incline DB Row

3 x 10

(C1)

#### Weighted Planche Raises

3 x 12

(C2)

#### Alternating DB Hammer Curl

3 x 10

(D1)

#### Tricep Kickback

3 x 10

(D2)

Circuit

2 Sets 60 sec Rib Grab (Each Side) 60 sec Quadruped Lat Stretch

(E)

## Thursday

### Block 1 - C1

Circuit

2 sets 20 sec knee flexion hold 5

(A) Bodyweight jefferson curls 10 SS good mornings

(B1) **Romanian Deadlift (RDL)**  
3 x 8

(B2) **Standing Straight Leg Raise**  
3 x 10

(C1) **Rear Knee Elevated Split Squat**  
3 x 8

(C2) **Standing Knee flexion hold**

(D1) **Side Lying Leg Abduction**

(D2) **Horse Stance Squat + Hold**  
3 x 8

Circuit

(E) 2 sets 60 sec x side lying quad stretch 60 sec x seated pike stretch

## Friday

### Block 1 - D1

Circuit

1-2 rounds Rib Grab x 30 sec each side

(A) HK T Rotations on wall x 10 each side 3 x Inchworms

(B1) **Single Arm DB Bench Press**  
3 x 8

(B2) **Prone Single Arm Swimmers**  
3 x 7

(C1) **Dumbbell Chest Flies**

(C2) **Rear Delt Lateral Raise**  
3 x 10

(D1) **DB Lateral Raises**  
3 x 10

(D2) **Dumbbell Shrug**  
3 x 12

Circuit

(E) 2 Sets 60 sec Rib Grab 60 sec Quadruped Lat Stretch

# Want to access the full 12 weeks?

Visit [robustathletics.fitness](https://robustathletics.fitness) or send me an email at [cory@neel.com](mailto:cory@neel.com) to get started.

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