



Sculptrition

4 Week Workout Plan

EXCLUSIVE TO SCULPT MEMBERS



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4 WEEK WORKOUT PLAN

WARM UP/STRETCH IN EVERY WORKOUT

	Week 1	Week 2	Week 3	Week 4
Day 1	<u>5 min Cardio</u>			<u>10 min Bodyweight Strength</u>
Day 2		<u>10 min Cardio</u>	<u>30 min SCULPT Strength</u>	<u>45 min SCULPT & Strength</u>
Day 3	<u>30 min Bodyweight Strength</u>	<u>30 min SCULPT Strength</u>	<u>10 min HIIT Cardio</u>	<u>10 min Core</u>
Day 4		<u>30 min SCULPT</u>		
Day 5			<u>30 min Floor Stretch</u>	
Day 6	<u>15 min SCULPT</u>		<u>30 min SCULPT</u>	<u>30 min SCULPT Flexibility</u>
Day 7	<u>20 min Evening Stretch</u>	<u>30 min SCULPT Flexibility</u>		



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Bonus Workouts

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STRENGTH EXERCISES

Full Body Strength 1

	Exercise	Sets	Reps	Rest
Legs	Bodyweight Squat	2	12-15	1 Minute
Glutes	Bodyweight Glute Bridge	3	8-12	1.5 Minutes
Back	Dumbbell Deadlift	3	8-12	1.5 Minutes
Chest	Dumbbell Chest Press	3	8-12	1.5 Minutes
Shoulders	Seated Dumbbell Press	3	8-12	1.5 Minutes
Arms	Dumbbell Bicep Curl	2	12	1.5 Minutes
Core	Plank	3	30 Second Holds	10 Seconds

STRENGTH EXERCISES

Full Body Strength 2

	Exercise	Sets	Reps	Rest
Legs	Side Squat	2 (each side)	12-15	1 Minute
Glutes	Dumbbell Sumo Squat	2	12-15	1 Minute
Back	Dumbbell One Arm Row	2 (each side)	12-15	1 Minute
Chest	Incline Dumbbell Press	3	8-12	1.5 Minutes
Shoulders	Dumbbell Lateral Raise	3	8-12	1.5 Minutes
Arms	Dumbbell Overhead Triceps Extension	2	12	1.5 Minutes
Core	Dumbbell Swing	3	12	10 Seconds

STRENGTH EXERCISES

Full Body Strength 3

	Exercise	Sets	Reps	Rest
Legs	Dumbbell Squat	3	12-15	1 Minute
Glutes	Dumbbell Deadlift	3	12-15	1 Minute
Back	Dumbbell Wood Chop	2 (each side)	12	1 Minute
Chest	Dumbbell Chest Fly	2	8-12	1.5 Minutes
Shoulders	Seated Dumbbell Press	3	8-12	1.5 Minutes
Arms	Dumbbell L Rotation	2	12	1.5 Minutes
Core	Seated Knee Tuck	3	20	20 Seconds

STRENGTH EXERCISES

Full Body Strength 4

	Exercise	Sets	Reps	Rest
Legs	Dumbbell Deadlift	3	8-12	1.5 Minutes
Glutes	Dumbbell Split Squat	2 (each side)	8-12	1.5 Minutes
Back	Dumbbell Lat Pulldown	3	8-12	1.5 Minutes
Chest	Wall Push Up	4	12	1 Minute
Shoulders	Dumbbell Front Raise	3	8-12	1.5 Minutes
Arms	Dumbbell Wide Bicep Curl	2	12	1.5 Minutes
Core	Cross Crunch & Reach	3	20	20 Seconds

STRENGTH EXERCISES

Full Body Strength 5

	Exercise	Sets	Reps	Rest
Legs	Bodyweight Reverse Lunge	3 (each side)	12-15	1 Minute
Glutes	Dumbbell Goblet Squat	3	8-12	1.5 Minutes
Back	Dumbbell Romanian Deadlift	3	8-12	1.5 Minutes
Chest	Push Up	2	12	1 Minute
Shoulders	Standing Dumbbell Overhead Press	2	12-15	1 Minute
Arms	Dumbbell Pullover	3	12	1.5 Minutes
Core	Superman	3	20	20 Seconds

STRENGTH EXERCISES

Full Body Strength 6

	Exercise	Sets	Reps	Rest
Legs	Bodyweight Clock Lunge	3 (each side)	12	1 Minute
Glutes	Bodyweight Glute Kickback	3	8-12	1.5 Minutes
Back	Dumbbell Row	3	8-12	1.5 Minutes
Chest	Dive Bomber Push Up	4	8-12	1.5 Minutes
Shoulders	Narrow Shoulder Press	3	8-12	1.5 Minutes
Arms	Dumbbell Hammer Curl	3	12	1.5 Minutes
Core	Side Plank Hip Dip	3 (each side)	20	20 Seconds

STRENGTH EXERCISES

Full Body Strength 7

	Exercise	Sets	Reps	Rest
Legs	Dumbbell Lunge & Twist	3	12 (each leg)	1 Minute
Glutes	Single Leg Glute Bridge	3 (each side)	12	1 Minute
Back	Dumbbell Halo	2 (each side)	12	1 Minute
Chest	Dumbbell Chest Fly	3	8-12	1.5 Minutes
Shoulders	Dumbbell Upright Row	3	12-15	1 Minute
Arms	Triceps Dip	3	12	1 Minute
Core	Leg Raise with Hip Thrust	3	12	10 Seconds

STRENGTH EXERCISES

Full Body Strength 8

	Exercise	Sets	Reps	Rest
Legs	Bodyweight Jump Squat	4	20	1 Minute
Glutes	Bodyweight Split Lunge	3	10 (each leg)	1 Minute
Back	Single Leg Deadlift	2 (each side)	12-15	1 Minute
Chest	Spiderman Push Up	2	12	1 Minute
Shoulders	Side to Front Raise	3	8-12	1.5 Minutes
Arms	Dumbbell Head Crusher	3	12	1 Minute
Core	Bird Dog	3 (each side)	12	10 Seconds

STRENGTH EXERCISES

Full Body Strength 9

	Exercise	Sets	Reps	Rest
Legs	Bodyweight Squat	4	12-15	1 Minute
Glutes	Bodyweight Glute Bridge	3	8-12	1.5 Minutes
Back	Dumbbell Deadlift	4	8-12	1.5 Minutes
Chest	Dumbbell Chest Press	3	8-12	1.5 Minutes
Shoulders	Seated Dumbbell Press	3	8-12	1.5 Minutes
Arms	Dumbbell Bicep Curl	3	12	1.5 Minutes
Core	Plank	3	45 Second Holds	10 Seconds

STRENGTH EXERCISES

Full Body Strength 10

	Exercise	Sets	Reps	Rest
Legs	Dumbbell Squat	4	12-15	1 Minute
Glutes	Dumbbell Deadlift	4	12-15	1 Minute
Back	Dumbbell Wood Chop	3 (each side)	12	1 Minute
Chest	Dumbbell Chest Fly	3	8-12	1.5 Minutes
Shoulders	Seated Dumbbell Press	3	8-12	1.5 Minutes
Arms	Dumbbell L Rotation	3	12	1.5 Minutes
Core	Seated Knee Tuck	3	20	20 Seconds

STRENGTH EXERCISES

Full Body Strength 11

	Exercise	Sets	Reps	Rest
Legs	Dumbbell Deadlift	4	8-12	1.5 Minutes
Glutes	Dumbbell Split Squat	3 (each side)	8-12	1.5 Minutes
Back	Dumbbell Lat Pulldown	4	8-12	1.5 Minutes
Chest	Wall Push Up	4	20	1 Minute
Shoulders	Dumbbell Front Raise	3	8-12	1.5 Minutes
Arms	Dumbbell Wide Bicep Curl	3	12	1.5 Minutes
Core	Cross Crunch & Reach	3	20	20 Seconds

STRENGTH EXERCISES

Full Body Strength 12

	Exercise	Sets	Reps	Rest
Legs	Alternate Lunge	3	12 (each leg)	1 Minute
Glutes	Dumbbell Goblet Squat	4	8-12	1.5 Minutes
Back	Dumbbell Romanian Deadlift	4	8-12	1.5 Minutes
Chest	Push Up	3	12	1 Minute
Shoulders	Standing Dumbbell Overhead Press	3	12-15	1 Minute
Arms	Dumbbell Pullover	3	12	1.5 Minutes
Core	Superman	3	20	20 Seconds