

DAN LAMBERT'S BEACH READY 6 WEEK PLAN

SESSION 1

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) DUMBBELL BENCH PRESS	10	10
A2) PULL UPS (BAND ASSISTED)	10	10
SUPERSET 2 (16 MINUTE EMOM):		
B1) FARMERS WALK (ODD MIN)	8	20m
B2) DOUBLE UNDERS (EVEN MIN)	8	30

SESSION 2

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL SQUAT	10	10
A2) AB WHEEL ROLL OUT	10	10
SUPERSET 2 (60 SEC REST AFTER EACH SUPERSET):		
B1) HEAVY SLED PUSH	6	20m
B2) WEIGHTED PLANK	6	30 sec

SESSION 3

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL OVERHEAD PRESS	10	10
A2) LAYING DUMBBELL ROW	10	10
MONSTER SET (90 SEC REST AFTER EACH SUPERSET):		
B1) ROPE PULL (ATTACH TO SLED)	3	10m
B2) DIPS	3	15
B3) PRESS-UPS	3	30

SESSION 4

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) DEADLIFT	10	10
A2) DUMBBELL WALKING LUNGE	10	20 steps
MONSTER SET (COMPLETE 3 ROUNDS AS FAST AS POSSIBLE):		
B1) RUN	3	400m
B2) PULL UPS (BAND ASSISTED)	3	12
B3) KETTLEBELL SWING	3	24



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SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) DUMBBELL BENCH PRESS	10	10
A2) PULL UPS (BAND ASSISTED)	10	10
SUPERSET 2 (16 MINUTE EMOM):		
B1) HANG CLEAN & PRESS (ODD MIN)	8	10
B2) BURPEES OVER BAR (EVEN MIN)	8	10

SESSION 2

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL SQUAT	10	10
A2) AB WHEEL ROLL OUT	10	10
SUPERSET 2 (60 SEC REST AFTER EACH SUPERSET):		
B1) HEAVY SLED PULL	6	20m
B2) AB WHEEL ROLLOUT	6	10

SESSION 3

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL OVERHEAD PRESS	10	10
A2) LAYING DUMBBELL ROW	10	10
MONSTER SET (90 SEC REST AFTER EACH SUPERSET):		
B1) CHIN UP (USE BAND)	3	10
B2) BOX HANDSTAND PRESS UP	3	10
B3) MEDICINE BALL SLAM	3	10

SESSION 4

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) DEADLIFT	10	10
A2) DUMBBELL WALKING LUNGE	10	20 steps
MONSTER SET (COMPLETE 3 ROUNDS AS FAST AS POSSIBLE):		
B1) SKI ERG	3	20kcal
B2) KETTLEBELL THRUSTER	3	10
B3) KETTLEBELL WALK IN RACK POS	3	20m



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SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) DUMBBELL BENCH PRESS	10	10
A2) PULL UPS (BAND ASSISTED)	10	10
SUPERSET 2 (16 MINUTE EMOM):		
B1) ASSAULT BIKE (ODD MIN)	8	15kcal
B2) DUMBBELL SNATCH (EVEN MIN)	8	15

SESSION 2

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL SQUAT	10	10
A2) V SIT UP	10	10
SUPERSET 2 (60 SEC REST AFTER EACH SUPERSET):		
B1) SLED PUSH	6	20m
B2) SLED PULL / DRAG	6	20m

SESSION 3

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL OVERHEAD PRESS	10	10
A2) LAYING DUMBBELL ROW	10	10
MONSTER SET (90 SEC REST AFTER EACH SUPERSET):		
B1) CHIN UP (USE BAND)	4	8
B2) BARBELL THRUSTER	4	12

SESSION 4

EXERCISE	SETS	REPS
SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) DEADLIFT	10	10
A2) DUMBBELL WALKING LUNGE	10	20 steps
MONSTER SET (COMPLETE 3 ROUNDS AS FAST AS POSSIBLE):		
B1) ROW	3	500m
B2) PRESS UPS	3	20
B3) BURPEES OVER ROWER	3	10