



**S H A D Y S I D E**

Vacation Program

## Overview

### I. Programming

- A. *Template 1* is created for those who go to corporate or local gyms while traveling. It will include some exercises that can only be done in those spaces.
- B. *Template 2* is created for hotel gym space with a body weight only variation if equipment is lacking.
- C. There is opportunity for personalization within these workouts, as these are general options for you to utilize.
  - 1. We do encourage you to progress or regress any exercises you see within the program.
  - 2. If you don't feel comfortable doing an exercise, don't do it! These templates are meant to be adaptable for your own difficulty and creativity.
- D. All programming is total body, 2x per week
- E. Letter pairings mean that you perform both exercises back to back, then rest (Ex: B1 and B2).

### II. Time

- A. These workouts are designed to take about an hour or a little longer depending on your warmup or any cardio before/after your session.
- B. The goal is for you to enjoy your vacation, not spend hours in the gym! Adjust accordingly.

Enjoy!

- X Shadyside Coaching Staff

## Template 1 – Corporate / Local Gym: Week 1-2

\*Perform the same workouts for week one and two as you try to increase weight, workouts will change for Week 3-4

### Day 1:

A1: Squat Variation (Barbell, Goblet, Barbell Box, Hack Squat Machine, Smith Machine) 4 x 5-10

- \*Warmup sets at client discretion
- This is your main strength movement, no superset
- Utilize rep range based on difficulty and lifting experience (Ex: 4x5 or 4x10,10,8,8)

B1: Hamstring Curl Machine (Seated or Prone) 3x 8-12

B2: 1-Arm Standing Shoulder Press w/ Dumbbell 3x 8e

C1: Lateral Lunge 3x 8e

- To increase difficulty, add weight

C2: Seated Lat Pulldown Machine (Your choice of grip) 3x 10-12

D1: Leg Press Burnout 1x 50 reps

- Take as many rest breaks as needed. Full range of motion
- Lighter (ish) weight, going for smooth reps
- If 50 reps is too much drop to 40

E1: Dumbbell Biceps Curl 2x 12-20

E2: Cable Triceps Pressdown 2x 12-20

## Day 2:

### A1: Dumbbell Chest Press 4x 6-10

- \*Warmup sets at client discretion
- This is your main strength movement, no superset
- Utilize rep range based on difficulty and lifting experience (Ex: 4x5 or 4x10,10,8,8)

### B1: Dumbbell RDL or Hip Thrust Variation of Choice 3x 8-12

### B2: Dumbbell Lateral Raises 3x 12,12, As Many as Possible

### C1: Seated Row Machine of Choice (Plate Loaded or Cable) 3x10-12

### D1: Box Step Up or 1-Leg Extensions on Machine 3x 8e (10e if doing extensions)

### D2: Dumbbell Thrusters 2x 8-10

- Do not squat, hinge quick into thrust and press

### E1: Bench Dips or Triceps Dip Machine 2x 12-15 (Could do AMAP sets)

- Use other triceps variation if bench dips hurt or you do not feel comfortable

F1: Core Choice - Perform 2-3 sets of favorite exercise. Our recommendation is picking two exercises of your choice, setting a timer for 5-10min, and doing as much work and rounds as possible in that time frame.

## Template 1 - Week 3-4

### Day 1:

A1: Squat Variation (Barbell, Goblet, Barbell Box, Hack Squat Machine, Smith Machine) 4 x 5-10

- \*Warmup sets at client discretion
- This is your main strength movement, no superset
- Utilize rep range based on difficulty and lifting experience (Ex: 4x5 or 4x10,10,8,8)

B1: 1-Leg Hamstring Curl Machine of Choice (Prone or Seated)  
3x 8-10e

B2: Alternating Dumbbell Shoulder Press - Start in Top Position 3x  
6,6,5e

C1: Lateral Lunge 3x 8e

- To increase difficulty, add weight

C2: 1-Arm DB Row 3x 10e

D1: Leg Press Burnout 1x 50 reps (Keeping these! lol)

- Take as many rest breaks as needed. Full range of motion
- Lighter (ish) weight, going for smooth reps
- If 50 reps is too much drop to 40

E1: Dumbbell Biceps Curl 2x 12-20

E2: Dumbbell Skullcrushers 2x 12-20

## Day 2:

### A1: Incline Dumbbell Chest Press 4x 6-10

- \*Warmup sets at client discretion
- This is your main strength movement, no superset
- Utilize rep range based on difficulty and lifting experience (Ex: 4x5 or 4x10,10,8,8)

### B1: Dumbbell RDL or Hip Thrust Variation of Choice 3x 8-12

### B2: Alternating Dumbbell Lateral Raises 3x 6-8e, Last Set As Many as Possible

### C1: Seated Row Machine of Choice (Plate Loaded or Cable) 3x10-12

### D1: Box Step Up or 1-Leg Extensions on Machine 3x 8e (10e if doing extensions)

### D2: Dumbbell Thrusters 2x 8-10

- Do not squat, hinge quick into thrust and press

### E1: Cable Triceps Press down with Straight Bar Attachment 2x 12-15 (Could do AMAP sets)

F1: Core Choice - Perform 2-3 sets of favorite exercise. Our recommendation is picking two exercises of your choice, setting a timer for 5-10min, and doing as much work and rounds as possible in that time frame.

## Template 2 – Hotel Gym: Week 1-2

### Day 1:

#### A1: Dumbbell Goblet Squat 3x10-12

- Can hold DB horizontal or vertical
- Full range of motion is encouraged, but will depend on physical capabilities
- Use bench to sit to then stand if necessary

#### A2: 1-Arm DB Row 3x 10,10,8e

#### B1: Dumbbell Reverse Lunge 3x 8,8,6e

- Perform all reps on one leg then switch, or alternate legs each lunge. No right or wrong here!

#### B2: Dumbbell Shoulder Press (Seated or Standing) 3x 10-12

#### C1: Dumbbell Glute Bridge on Ground 2-3x 10-12

#### C2: Reverse Crunches 2-3x AMAP (as many as possible)

#### D1: Seated Dumbbell Triceps Overhead Press 2x12-15

#### D2: Mountain Climbers on Ground 2x 30 seconds

- Perform in pushup position
- Sub out for a core exercise of choice if unable to do

## Day 2:

A1: 3-Way Lunge (Front, Lateral, Reverse) 3x5e

- 1 cycle through all three lunges is 1 rep

A2: Dumbbell Chest Supported Row on Bench 3x 10-12

- Bench is on an incline setting
- If bench is not able to incline, sub out for 1-arm DB row again

B1: Dumbbell RDL 3x 10,10,8

B2: 1-Arm Dumbbell Chest Press or Pushup on Bench or Floor  
3x 10,10,8e or 10-20 for pushup

C1: Dumbbell Thrusters 3x 8-10

C2: Bench Dips or Dumbbell Tricep Kickbacks on Bench 3x 10-20

D1: Dumbbell Alternating Biceps Curl 2-3x 8-10e arm

D2: Dumbbell Lateral Raises 2-3x 12-15

\*add core work if you'd like. Have fun with it!



## Template 2 - Week 3-4

### Day 1:

A1: Dumbbell Sumo Squat (2 DBs) 3x10-12

- Full range of motion is encouraged, but will depend on physical capabilities

A2: Bent Over Dumbbell Row 3x 10, 10, 8

B1: Dumbbell Reverse Lunge 3x 8, 8, 6e

- Perform all reps on one leg then switch, or alternate legs each lunge. No right or wrong here!

B2: Alternating Dumbbell Shoulder Press (Seated or Standing)

3x 6, 6, 5e

C1: Dumbbell Glute Bridge on Ground (add 2-3sec pause at top)

2-3x 10-12

C2: Russian Twist with Dumbbell or Med Ball 2-3x AMAP (as many as possible)

D1: Seated Dumbbell Triceps Overhead Press 2x12-15

D2: Mountain Climbers on Ground 2x 30 seconds

- Perform in pushup position
- Sub out for a core exercise of choice if unable to do

## Day 2:

A1: 3-Way Lunge (Front, Lateral, Reverse) 3x5e

- 1 cycle through all three lunges is 1 rep

A2: Dumbbell Chest Supported Row on Bench 3x 10-12

- Bench is on an incline setting
- If bench is not able to incline, sub out for 1-arm DB row again

B1: Dumbbell RDL 3x 10,10,8

B2: Alternating Dumbbell Chest Press from Top Position on Bench or Floor, or Pushup on Bench or Floor  
3x 6,6,5e or 10-20 for pushup

C1: Dumbbell Thrusters 3x 8-10

C2: Bench Dips or Dumbbell Tricep Kickbacks on Bench 3x 10-20

D1: Dumbbell Hammer Curls 2-3x 30sec-minute of curls (no specific reps)

D2: Dumbbell Lateral Raises 2-3x 30sec-minute of raises (no specific reps)

## Body Weight Options

### Day 1: Body Weight HIIT – Circuit 4 Rounds (30 minutes-ish)

- 15 Air Squats
- 10 Pushups
- 8-10 Reverse Lunges on each leg
- 8-10 Reverse Crunches on Ground
- 15 Glute Bridges (2sec pause at top)
- 20-30sec Plank on Forearms
- 30sec Wall Sit

### Finisher.... If you dare (After all rounds of circuit)

- 20-30 Jumping Jacks
- 10-15 Burpees
- 30sec-1 minute Side Plank on Forearm each Side

### Day 2: Core Focused Circuit 3-4 Rounds (30sec – Minute rest between rounds)

- 30-40 Mountain Climbers in Pushup Position
- 8-10e Side Plank Shoulder Taps
- 6e Side Deadbugs
- 15-20 Bicycle Crunches
- 10-20 Burpees Any Variation
- 10-15 Reverse Crunches
- 20-30sec Side Plank each side
- 10-30sec Flutter Kicks

If you have any questions, come find me or email me at [cj@xshadyside.com](mailto:cj@xshadyside.com)