



WEEK 6



BOBBY WESTSIDE

2.23.20

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QUICK INTRO

Soul got snatched so let's do a few hundred of them.

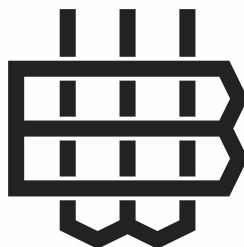
This week! Chutes and ladders! I'm writing this before Mardi Gras so that I don't kill anybody programming in an absolute stupor coming home.

Was incorporating rep ladders all week in the red room so I figured I'd bring its misery to you all widely. You are welcome!

We'll do three warm-up sets of each move to establish our eight-rep weight and from there start our descending ladder with increasing weight.

The idea is to slightly increase our weight as the rep count goes down. If you can't change your weight, then just set a 1m time limit and try to finish within the minute, then start again but go for one more rep than the round before.

Let me know how it goes!



OTHER STUFF

Hey friends! Just popping in quickly to say that these weekly total body circulations are meant to supplement the quarterly programs I put out on the site.

They are quicker and abbreviated programs that get the job done when you can't dedicate a ton of time or energy to the gym that day or week.

I would encourage you to focus your workouts so that every day isn't a total body burner, otherwise you're not hitting certain muscle groups hard enough to build muscle, or you're not giving the muscle groups you did hit hard enough the proper time to recover.

And finally, of course these are meant to be guides but I can't be in the gym with you to ensure your safety at all times. Be careful, be thoughtful, and of course take your time with heavy weights and any unfamiliar movements.

Hope you enjoy! Let me know any questions, comments, or feedback via DM, text, email, etc.



UPPER BODY

Superset 1 • 3 warm-up sets, 8 reps each

☐ H 1A | BB/DB Chest Press

☐ H 1B | DB Lat Pullover

☐ H 1C | DB Heavy Sit-Up

LADDER | 8-7-6-5-4, 30 total reps

Start with 8 of each exercise's reps and if you complete, add 5 (+/-) pounds for the next round of 1 fewer reps! Don't add until you do.

Superset 2 • 3 warm-up sets, 8 reps each

☐ M 2A | BB/DB Bicep Curls

☐ M 2B | DB Shoulder Press

☐ M 2C | DB Tricep Kickbacks

LADDER | 8-7-6-5-4, 30 total reps

2020 Finisher • 6 rounds

20s swiss ball exchanges

20s reverse crunch

20s recovery



Heavy

Medium

Light

BB = Barbell
DB = Dumbbell
KB = Kettlebell

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LOWER BODY

Superset 1 • 3 warm-up sets, 8 reps each

- H 1A | BB/DB Back Squats
- M 1B | DB Single-Leg Deadlift
- M 1C | DB Single-Arm Snatch

LADDER | 8-7-6-5-4, 30 total reps

Start with 8 of each exercise's reps and if you complete, add 5 (+/-) pounds for the next round of 1 fewer reps! Don't add until you do.

Superset 2 • 3 warm-up sets, 8 reps each

- H 2A | BB/DB Deadlift (Hex Bar if available)
- M 2B | DB Reverse Lunge
- M 2C | DB Swings (opt. add'l snatch)

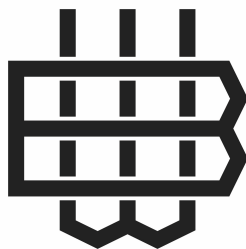
LADDER | 8-7-6-5-4, 30 total reps

2020 Finisher • 6 rounds

20s Russian twists

20s bicycles

20s recovery



Heavy

Medium

Light

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TOTAL BODY

Superset 1 • 3 warm-up sets, 8 reps each

- ☐ H 1A | DB Goblet Squat
- ☐ H 1B | DB Row (opt. Single-Arm)
- ☐ H 1C | DB Single-Arm Snatch

LADDER | 8-7-6-5-4, 30 total reps

Start with 8 of each exercise's reps and if you complete, add 5 (+/-) pounds for the next round of 1 fewer reps! Don't add until you do.

Superset 2 • 3 warm-up sets, 8 reps each

- ☐ H 2A | DB Chest Press
- ☐ H 2B | DB Deadlift (ideally same)
- ☐ H 2C | DB Heavy Sit-Up

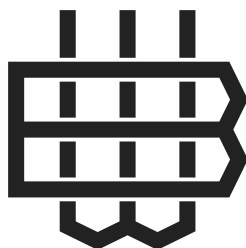
LADDER | 8-7-6-5-4, 30 total reps

2020 Finisher • 6 rounds

20s hollow hold

20s alternating toe touches

20s recovery



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Iso SHOULDERS

Superset 1 • 3 warm-up sets, 8 reps each

H

1A | BB/DB Shoulder Press

M

1B | DB Shrugs or Farmer's Carry

1C | Pushups (opt. handstand)

LADDER | 8-7-6-5-4, 30 total reps

Start with 8 of each exercise's reps and if you complete, add 5 (+/-) pounds for the next round of 1 fewer reps! Don't add until you do.

Superset 2 • 3 warm-up sets, 8 reps each

M

2A | DB Front Raise

M

2B | DB High Pull

M

2C | DB Lateral Raise

LADDER | 8-7-6-5-4, 30 total reps

2020 Finisher • 6 rounds

20s standing oblique crunch L

20s standing oblique crunch R

20s recovery



Heavy

Medium

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