



BOBBY WESTSIDE

WEEK 3

2.2.20

hope u like this football
inspired by the big game

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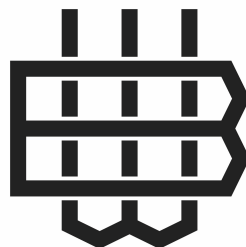
OVERVIEW

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.

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



OVERVIEW Pt. II

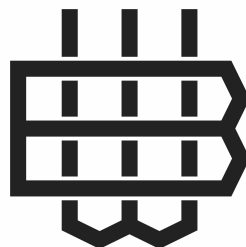
Back at it this week, incorporating footballs on our cover page but also EMOMs in our workouts.

For those that don't know, EMOM stands for Every Minute On the Minute – you'll do the prescribed number of reps within 60 seconds and rest until the next minute starts. This week it will be 5 minutes, or 5 rounds of the exercises.

The idea this week is to do 3 supersets of the exercises taking your normal time as we've done the first two weeks of our programming. Then, after three good sets with normal recovery, we accelerate our muscle tension and burn it out.

So instead of waiting anywhere from 60-90s between exercises, you'll blast them back to back and only have 10-30 seconds to recover before starting again. Naturally you'll see the difficulty increase and reps decrease, which would be a good sign of success.

Ideally, that fifth and last set is hell and a feeling you take with you into the next morning when you wake up sore as hell. Let me know!



UPPER BODY

Superset 1 • 3 sets, 8 reps each

H

1A | BB/DB Incline Chest Press

M

1B | DB Incline Curl

EMOM 1 | 5 min 8 reps: Incline CP + Curl

Superset 2 • 3 sets, 8 reps each

H

2A | DB Incline Row (chest on bench)

M

2B | BB/DB Incline Skull Crusher

EMOM 2 | 5 min 8 reps: Incline Row + SC

Superset 3 • 3 sets, 8 reps each

M

3A | Flat Chest Fly + Close Grip Press

M

3B | Reverse Back Fly + Hammer Curl

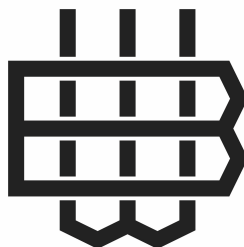
EMOM 3 | 5 min 8 reps: Fly Press+Fly Curl

2020 Finisher • 6 rounds

20s hanging crunch

20s hanging crunch hold

20s recovery



Heavy

Medium

Light

BB = Barbell

DB = Dumbbell

KB = Kettlebell

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LOWER BODY

Superset 1 • 3 sets, 8 reps each

H

1A | BB/DB Deadlift

M

1B | DB Single Arm Snatch

EMOM 1 | 5 min 8 reps: DL + Snatch 4R 4L

Superset 2 • 3 sets, 8 reps each

H

2A | BB/DB Bench Glute Bridge

M

2B | DB Bench Step Ups

EMOM 2 | 5 min 8 reps: GB + Steps 4R 4L

Superset 3 • 3 sets, 8 reps each

H

3A | BB/DB Back Squat

M

3B | DB/KB Single Arm Swing

EMOM 3 | 5 min 8 reps: Swing + Squat

2020 Finisher • 6 rounds

20s hollow hold

20s hollow hold rocks

20s recovery



Heavy

Medium

Light

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TOTAL BODY

Superset 1 • 3 sets, 8 reps each

H 1A | BB/DB Deadlift + Pushup

H 1B | BB/DB Row + Pushup

EMOM 1 | 5 min 8 reps: Pushup+DL+Row

Superset 2 • 3 sets, 8 reps each

H 2A | BB/DB Chest Press + Leg Lift

M 2B | DB Single Arm Concentration Curl

EMOM 2 | 5 min 8 reps: Chest Press + Curl

Superset 3 • 3 sets, 8 reps each

M 3A | DB/KB Swing + Squat

M 3B | DB/KB Squat + Press

EMOM 3 | 5 min 8 reps Swing+Squat+Press

2020 Finisher • 6 rounds

20s pushups

20s mountain climbers

20s recovery



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Medium

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ISOLATED BUTT

BY BETTER-BUTT-HAVER-THAN-ME:
IZZI LYNN @IZZILYNN

Superset 1 • 3 sets, 10 reps each

- M 1A | Sumo Squat (Legs Wide, Feet 45°)
1B | 3 Count Squat Jacks (No Weight)
-

Superset 2 • 3 sets, 10 reps each

- H 2A | BB/DB 3 Count Eccentric Deadlifts
M 2B | DB Lateral Lunge (5R | 5L)
-

Superset 3 • 3 sets, 10 reps each

- L 3A | DB Donkey Kick (DB behind knee)
L 3B | DB Hip Opener/Hydrant (same DB)
-

2020 Finisher • 6 rounds

20s wall sit

20s squat jumps

20s recovery



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