



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



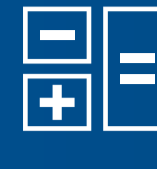
Diet Plans



Expert Guides



Videos



Tools

## THE WEEKEND WARRIOR WORKOUT

Hoping to be crowned MVP of your intramural team? Gain the edge during the course of the week and become a true weekend warrior with this workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/weekend-warrior>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Kettlebells

**Author:** Brad Borland

### Option #1: Minimal Equipment Workout

Exercise	Warm Up Sets	Work Sets	Rest
<b>Day 1</b>			
<a href="#">Dumbbell Bulgarian Split Squat</a>	2 x 12	3 x 8 - 10 Each Leg	-
<b>Superset</b>			
<a href="#">Walking Lunge</a>	-	3 x 10 - 15 Each Leg	-
<a href="#">Single Leg Calf Raise</a>	-	3 x 10 - 15 Each Leg	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Incline Bench Dumbbell Press</a>	1 x 12	3 x 6 - 8	-
<a href="#">Bent-Over Dumbbell Row</a>	1 x 12	3 x 6 - 8	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Hanging Leg Raise</a>	-	3 x 10 - 15	-
3-way <a href="#">Plank</a>	-	10 Secs Each Side	30 Secs Between Supersets
Sprint Intervals	2 Mins	5 - 8 Sprints	1 - 2 Mins
<b>Day 2</b>			
<a href="#">Hang Clean &amp; Press</a>	2 x 8	3 x 3 - 5	120 Secs
Kettlebell Double-Arm Front Swing	-	30 Reps Total	As Needed
<b>Superset</b>			
Renegade Row	-	3 x 10 - 15	-
<a href="#">Pushups</a>	-	3 x 10 - 15	60 Secs Between Supersets
<b>Superset</b>			
Box Jumps	-	3 x 10	-
Burpees	-	3 x 10	60 Secs Between Supersets
1 Mile Run	-	-	-
<b>Day 3</b>			
<b>Superset</b>			
Straddle Hop	-	3 x 10 - 16	-
<a href="#">Floor Crunch</a>	-	3 x 10 - 16	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Dumbbell Step-Up</a>	-	3 x 8 - 10 Each Leg	-
Single-Arm Kettlebell Clean & Press	-	3 x 8 - 10	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Flat Bench Barbell Press</a>	2 x 12	3 x 6 - 8	-
<a href="#">Pull Up</a> or <a href="#">Inverted Row</a>	2 x 12	3 x 6 - 8	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Barbell</a> or <a href="#">Dumbbell</a> Stiff Leg Deadlift	-	3 x 12 - 15	-
<a href="#">Bicycle Crunch</a>	-	3 x 12 - 15	60 Secs Between Supersets

Perform each training session on nonconsecutive days of the week (e.g. M/W/F). Be sure to [dynamically warm-up](#) properly before each workout with two rounds of [push-ups](#), jumping jacks, and [bodyweight squats](#) for 10 reps each.

# Option #2: Bodyweight Workout

Exercise	Warm Up Sets	Work Sets	Rest
<b>Day 1</b>			
<b>Superset</b>			
<a href="#">Feet Elevated Pushup</a>	1 x 12	4 x Failure	-
<a href="#">Medium Grip Pullup</a>	1 x 12	4 x Failure	60 Secs Between Supersets
<b>Superset</b>			
Suspension Trainer Row	-	3 x 15	-
3 - Way <a href="#">Crunch</a>	-	3 x 15	30 Secs Between Supersets
<b>Superset</b>			
<a href="#">Bulgarian Split Squat</a>	1 x 12	3 x 10 - 15	-
Jump <a href="#">Lunge</a>	1 x 12	3 x 10 - 15	60 Secs Between Supersets
<b>Superset</b>			
3 - Way <a href="#">Plank</a>	-	10 Secs Each Side	-
<a href="#">Diamond Pushup</a>	-	3 x Failure	-
Sprint Intervals	2 Mins	5 - 8 Sprints	1 - 2 Mins
<b>Day 2</b>			
<b>Superset</b>			
Box Jumps	1 x 10	4 x 10 - 15	-
<a href="#">Pushups</a>	1 x 10	4 x 10 - 15	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Bench Step-Up</a>	-	4 x 10 - 15	-
Stiff-Leg Jump	-	4 x 10 - 15	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Hanging Straight Leg Raise</a>	-	3 x 10	-
<a href="#">Hanging Bent Leg Raise</a>	-	3 x 10	30 Secs Between Supersets
<a href="#">Inverted Row</a>	-	40 Reps Total	-
1 Mile Run	-	-	-
<b>Day 3</b>			
<b>Superset</b>			
Suspension Trainer Pushup	1 x 10	4 x 10 - 15	-
<a href="#">Close Grip Chinups</a>	1 x 10	4 x 10 - 15	60 Secs Between Supersets
<b>Superset</b>			
<a href="#">Jump Squat</a>	1 x 10	3 - 4 x 10	-
1½ Rep <a href="#">Bodyweight Squat</a>	1 x 10	3 - 4 x 10	60 Secs Between Supersets
<b>Superset</b>			
Suspension Trainer Plank	-	3 x 10 Secs	-
Suspension Trainer Pike	-	3 x 5 - 10	30 Secs Between Supersets
<b>Superset</b>			
<a href="#">Bench Dips</a>	-	3 x 10	-
Burpees	-	3 x 10	60 Secs Between Supersets

Perform each training session on nonconsecutive days of the week (e.g. M/W/F). Be sure to [dynamically warm-up](#) properly before each workout with two rounds of [push-ups](#), jumping jacks, and [bodyweight squats](#) for 10 reps each.