

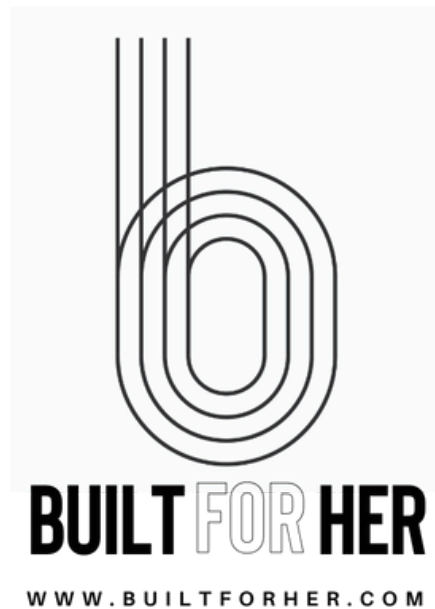
MAY 2024



LOCKER ROOM

BUILTFORHER.COM

WWW.BUILTFORHER.COM/LOCKER-ROOM



NOTE FROM COACH AMBER

New moves, new month!

I'm always finding ways to keep things fresh for my badassess. I'm not super active on social media as of now, but what you miss on instagram you'll gain here. I'm stepping up this programming, keeping new moves coming and this month, watch the session review for step by step instructions on how to execute some of these new exercises!

Your video demos are programmed into each workout at the bottom of the page. Click that link and you will be redirected when viewing in the PDF format. Be sure to check these videos for proper form and modifications.

Cheers!

Coach A.

**COACH AMBER, I @AMBERDODZWEIT
PERSEVERANCE MUST FINISH IT'S WORK.**





LOCKER ROOM

MEMBERS-ONLY CONTENT FOR WOMEN WHO WORKOUT.

**“You will never always be
motivated. You have to learn to be
disciplined.”**



LOCKER ROOM

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Below you will find this month's LOCKER ROOM schedule!
If you need to modify this, feel free to move your rest days around but keep your routines in the same order to prevent over-training.

Please thoroughly warm-up and mobilize before all training routines if they don't start with cardio. **All video demos for each workout are linked at the bottom of each page**, modifications for exercises will be filmed and placed after each move where applicable. If you have any questions on modifications please don't hesitate to email Coach@Builtforher.com

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MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 FULL-BODY TRI-SETS	2 UPPER-BODY & INTERVALS	3 REST	4 FULL-BODY POWER
5 LEGS & GLUTES	6 BODYWEIGHT CIRCUIT	7 FULL-BODY TRI-SETS	8 REST	9 UPPER-BODY & INTERVALS	10 FULL-BODY POWER	11 REST
12 LEGS & GLUTES	13 BODYWEIGHT CIRCUIT	14 REST	15 FULL-BODY TRI-SETS	16 UPPER-BODY & INTERVALS	17 LEGS & GLUTES	18 REST
19 FULL-BODY POWER	20 BODYWEIGHT CIRCUIT	21 REST	22 FULL-BODY TRI-SETS	23 UPPER-BODY & INTERVALS	24 REST	25 LEGS & GLUTES
26 REST	27 FULL-BODY POWER	28 FULL-BODY TRI-SETS	29 UPPER-BODY & INTERVALS	30 REST	31 CHALLENGE	1



LOCKER ROOM

FULL-BODY TRI-SETS

WORKOUT- Perform the exercises as tri-sets, :15 seconds
between exercises, :30 seconds between tri-sets.

ROUND 1 :30 SECONDS PER EXERCISE

ROUND 2 :25 SECONDS PER EXERCISE

ROUND 3: 20 SECONDS PER EXERCISE

ELEVATED REVERSE LUNGE
DECLINE PLANK TO BEAR STANCE
ALT ELEVATED GLUTE BRIDGE

DIPS WITH KNEE DRIVE
PUSH-UP TO STEP UP (HALF R, HALF L) -
INCLINE PUSH-UP TO MODIFY
1/2 TURKISH GET UP R+L

ALT PLIÉE LUNGES
KNEELING DB FRONT OVERHEAD RAISE
DB HOLD W SCISSOR KICK

[CLICK HERE](#)



Click here for video demos of all exercises!



LOCKER ROOM

FULL-BODY POWER

WORKOUT: Perform the exercises as a circuit, resting only as needed between exercises. 1-2 minutes rest between circuits.

6-8 KNEELING SPLIT SQUAT R+L

10 ALT DB SQUAT PRESS ROTATIONS

6-8 KNEELING SIDE SQUAT R+L

10 DB WOOD CHOPPER R+L

6-8 SINGLE LEG ROW INTO DEADLIFT

10 DB ALT REVERSE CRUNCH

X4

[CLICK HERE](#)



Click here for video demos of all exercises!



LOCKER ROOM

BODYWEIGHT CIRCUIT

WORKOUT: Perform the exercises at the beginning of each minute, the remainder of the minute is your rest period. Repeat 5x

1: 20 TOE TAPS

3: 20 SUPERMAN

2. 12 PRISONER SQUATS

4: 12 HIGH PLANK KNEE DRIVE

5: 8 EA REVERSE LUNGE JUMP

(REVERSE LUNGE TO MODIFY)

6: 8 EA SIDE PLANK HIP RAISE

WORKOUT TOTAL TIME: 30 MINUTES

CLICK HERE



Click here for video demos of all exercises!



LOCKER ROOM

UPPER-BODY & INTERVALS

WORKOUT: Perform each exercise for :25 seconds with :15 seconds rest between.

Rest :1 Minute between rounds.

After you have completed 4 rounds of the upper-body corcuit, perform the intervals using the cardio of your choice.

10 RENEGADE DB ROW W PUSH-UP (INCLINE TO MOD)
10 KNEELING DB CURL AND PRESS
10 KNEELING UPRIGHT ROW
10 KNEELING TRICEP EXTENSION
10 KNEELING DB FRONT SIDE RAISE
10 DECLINE PLANK TAPS

x4

INTERVALS:

:30 SECOND CARDIO INTERVAL

:30 SECONDS REST

x8

CLICK HERE



Click here for video demos of all exercises!



LOCKER ROOM

LEGS & GLUTES

WORKOUT: Perform each exercise as super set, no rest between exercises.
1 Minute between supersets.

8EA CROSS OVER DEADLIFT L+R
8 NARROW STANCE SUITCASE LEG DEADLIFT
X3

8EA DB STEP UPS R+L
8 DB SUMO SQUAT
X3

8 SISSY SQUATS
8EA CALF RAISE
X3

TO FINISH:

Perform all exercises in a row, resting only as needed. Then Perform one more round of all exercises in a row resting as needed in the opposite order (starting to with calf raise)

[CLICK HERE](#)



Click here for video demos of all exercises!