

Equilibrium Workout

FREE 6 week program

First of all, **welcome** and **thank you** for downloading this program!

It has been a real pleasure creating it and we deeply hope you will love it!

There are few recommendations and explanations we would like to mention before you start your 6 week journey with us.

This program is general, it will target all the parts of your body. As it has been creating for as many people as possible, it is obviously not as detailed and tailored as it would be if it was created for one person and his goal only.

However we believe it will suit many people, and help even more to improve their strength and level up their physique within the next 6 weeks.

Warm Up

Warm up is not included in the program but is a must!

We recommend a minimum of 15min warm up prior to perform any of the sessions.

The main goals of the warm up being to lubricate your joints and increase your heart rate.

For instance:

If it is a lower session you could combine some biking or running, at low to moderate intensity, with some movements, with no or low weights or elastics, that recreate the pattern of movements you will use during the training.

Ex: some squats with elastics if you are performing squats this day. Or some hips focused movements to get them ready to exercise.

Same principle if it is an upper session. You can combine some rowing with pattern of movements you will use during the session.

Ex: some push ups or press ups with elastic.

Also, always perform a set of reps with no or lower weight than what you are planning to do during the session.

Ex: some squats with 10kg on each side before your sets of squats at 50kg.

The program

The 3 first weeks, but few exercises, use high reps ranges, mostly 12 to 15. And the 3 last weeks lower ranges, 8 to 12, with tempo changing, being more focused on eccentric phases.

We recommend to always pick up a weight that allows you to perform a number of reps included in the range. Each performance must be tracked and noted.

Every week, 1 or more reps than the week before must be performed for each exercise.

Whenever you perform more reps than indicated in the range, pick up a heavier weight.

Ex: week 1, squats: 3 sets are planned in the 8-12 range. Let say you perform 11-11-11 reps, and 12-12-12 the following week with 50kg.

Week 2, add 5 or 10kg to your bar and check if it allows you to perform 8-12 reps.

If yes then keep this weight, if not pick up a lighter weight and use the same principle as above for the rest of the weeks.

Also on week 1 you can perform ex in order A,B,C, week 2 B,C,A week 3 C,A,B etc starting all unilateral exercises on W1,3 and 5 with Right hand and leg and W2,4 and 6 with left ones.

Indications boxes

For each exercise you will see a box just underneath the image explaining it.

Please pay attention to it.

Those boxes include indications about the way we would like you to perform the exercises. They are based on experience and we believe that they will help you perform the exercises the best way possible for the best results possible.

Also, those indications will help you far from potential injuries. Please pay attention to safety with weights lifting and the use of the machines and pulleys.

Feedback

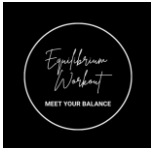
We are convinced that this workout can help anyone getting better.

It can help starters building a balance strength, intermediate practitioners level up and advanced practitioners keep improving.

Please feel free to give us any feedback, on our Instagram page @equilibriumworkout or by mail at info@equilibriumworkout.com

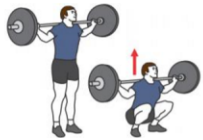
We would be more than happy to have your opinion, feelings and recommendations about this common experience!

Healthy regards!



LOWER A

1 - Bb Deep Back Squat Wide Grip



- feet shoulders wide, wide grip - engage fully your core - go as low as possible keeping your face looking forward and your core engaged - push the floor to go back to initial position - face a mirror to help you look at your knees and their position, make sure the push is balanced between the 2 legs and that knees keep being stable

Week	Sets	rep.	Tempo	recovery
1	3	8 - 12	1-0-1	01:30
2	3	8 - 12	1-0-1	01:30
3	3	8 - 12	1-0-1	01:30
4	4	6 - 8	1-0-1	01:30
5	4	6 - 8	1-0-1	01:30
6	4	6 - 8	1-0-1	01:30

2 - Bb Romanian Deadlift



- bar on the floor, feet and pronation grip shoulders wide - bend your knees - engage fully your core - lift the bar enough to 'feel' the weight - push the floor with your legs - go to stand up position - come back to initial position

Week	Sets	rep.	Tempo	recovery
1	3	8 - 12	1-0-1	01:30
2	3	8 - 12	1-0-1	01:30
3	3	8 - 12	1-0-1	01:30
4	4	6 - 8	1-0-1	01:30
5	4	6 - 8	1-0-1	01:30
6	4	6 - 8	1-0-1	01:30

3 - Machine Leg Extension



- set the seat to have your knees at the edge of it - roll just over your ankles - set the machine to have a full range of movement without going into negative setting - grasp the handles during the sets to stabilise yourself - keep your back as close as possible to the backrest

Week	Sets	rep.	Tempo	Note	recovery
1	3	8 - 12	1-0-1		01:30
2	3	8 - 12	1-0-1		01:30
3	3	8 - 12	1-0-1		01:30
4	4	6 - 8	1-1-3	explosive concentric phase (way up) for 1sec, control the eccentric phase (way down) for 3sec	01:30
5	4	6 - 8	1-1-3	same as up	01:30
6	4	6 - 8	1-1-3	same as up	01:30

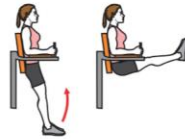
4 - Leg Curl On Machine



- set the machine to have your knees on the edge, and a comfortable position for them - roll on the back of your ankles, above your heels - do not go on negative settings to not over extend your knees - do not go over 90° on your knees when performing a rep to keep the tension on your hamstrings - grasp the handles when performing the sets - keep your core as close as possible to the machine whilst performing the sets

Week	Sets	rep.	Tempo	Note	recovery
1	3	8-12	1-0-1		01:30
2	3	8-12	1-0-1		01:30
3	3	8-12	1-0-1		01:30
4	4	6-8	1-1-3	explosive concentric phase (way up) for 1sec, control the eccentric phase (way down) for 3sec	01:30
5	4	6-8	1-1-3	same as up	01:30
6	4	6-8	1-1-3	same as up	01:30

5 - Dips Abdominal Legs Raise

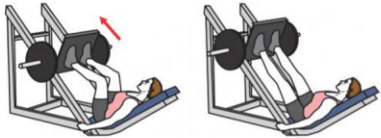


- shoulders on the pads, keep your core engaged to not lower your shoulders - start from a neutral position, knees bent, go as high as possible - do not swing your legs, keep them 1 sec in neutral position before a new rep to avoid using the swing and easier the movement

Week	Sets	Weight (kg)	Note	Color	recovery
1	3		perform as many reps as possible		01:00
2	3		same as up		01:00
3	3		same as up		01:00
4	3	5	same as up	use a 5kg medicine ball	01:00
5	3	5	same as up	same as up	01:00
6	3	5	same as up	same as up	01:00

LOWER B

1 - Inclined Leg Press Medium Stance



- feet at shoulders wide in the middle of the platform - start from a position where your knees are slightly bent - set the backrest at 90° or bit more if you feel your hip flexor too much during the first set - grab the handles - lower as much as possible always keeping your feet flat on the platform - push back to initial position without over extending your knees

Week	Sets	rep.	Tempo	recovery
1	3	15 - 18	1-0-1	01:30
2	3	15 - 18	1-0-1	01:30
3	3	15 - 18	1-0-1	01:30
4	4	6 - 8	1-1-3	01:30
5	4	6 - 8	1-1-3	01:30
6	4	6 - 8	1-1-3	01:30

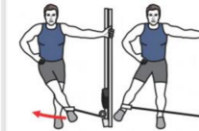
2 - Barbell Hip Thrust



- make sure the bench or box you are using remains stable whilst your performing reps - set yourself in a position to get your knees at 90° when you are lifting the barbell - keep the bar at hips level - push the floor with your feet and lift your hips at the same time to lift your weight - keep your upper back in contact with the bench/box at all time

Week	Sets	rep.	Tempo	recovery
1	3	15 - 18	1-0-1	01:30
2	3	15 - 18	1-0-1	01:30
3	3	15 - 18	1-0-1	01:30
4	4	6 - 8	1-0-1	01:30
5	4	6 - 8	1-0-1	01:30
6	4	6 - 8	1-0-1	01:30

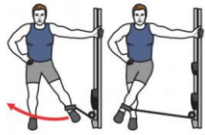
3 - Standing Cable Leg Abduction



- put the strap slightly above your ankle - step aside from the machine to create tension at the really beginning of the movement - keep your body straight - hold the side bar with one hand - lift your leg up to the side as high as possible, remaining your body straight

Week	Sets	rep.	Tempo	Note	recovery		
1	3	15	1-0-1		01:00		
		18					
2	3	15	1-0-1		hold for 1sec when at the top of your rep, control the eccentric phase (way back) to make it last 3s	01:00	
		18					
3	3	15	1-0-1			same as up	01:00
		18					
4	3	8-12	1-1-3	same as up			01:00
		15					
5	3	8-12	1-1-3		same as up		01:00
		15					
6	3	8-12	1-1-3			same as up	01:00
		15					

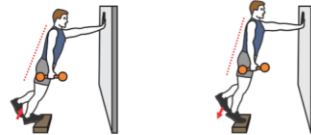
4 - Cable Leg Adduction



- put the strap slightly above your ankle - step aside from the machine to create tension at the really beginning of the movement - keep your body straight - hold the side bar with one hand - lift your leg up to the side as high as possible, remaining your body straight

Week	Sets	rep.	Tempo	Note	recovery
1	3	15	1-0-1		01:00
2	3	15	1-0-1		01:00
3	3	15	1-0-1		01:00
4	3	8-12	1-1-3	hold for 1sec when at the top of your rep, control the eccentric phase (way back) to make it last 3s	01:00
5	3	8-12	1-1-3	same as up	01:00
6	3	8-12	1-1-3	same as up	01:00

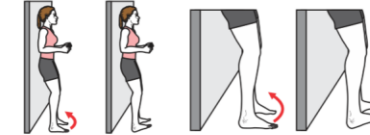
5 - Inclined DB Calf Raise



- use the foot of a bench or a step - hold yourself to the bench or to the wall - keep your knee slightly bent when performing the reps

Week	Sets	rep.	Tempo	Note	Color	recovery
1	3	15	1-0-1			01:00
2	3	15	1-0-1			01:00
3	3	15	1-0-1			01:00
4	3	8-12	1-1-3	hold for 1sec when at the top of your rep, control the eccentric phase (way back) to make it last 3s	add a weight that allows you to perform the range of reps indicated	01:00
5	3	8-12	1-1-3	same as up	same as up	01:00
6	3	8-12	1-1-3	same as up	same as up	01:00

6 - Standing Tibialis Raise

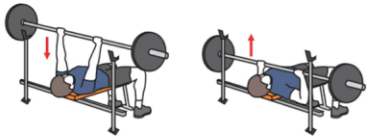


- rest your back on a wall, standing up - feet 50cm away from the wall - lift your tiptoe up to the sky - keep your heels on the floor at all time - come back to initial position

Week	Sets	rep.	Tempo	Note	recovery
1	3	15	1-0-1		01:30
2	3	15	1-0-1		01:30
3	3	15	1-0-1		01:30
4	3	12-15	1-1-3	hold for 1sec when at the top of your rep, control the eccentric phase (way back) to make it last 3s	01:30
5	3	12-15	1-1-3	same as up	01:30
6	3	12-15	1-1-3	same as up	01:30

UPPER A

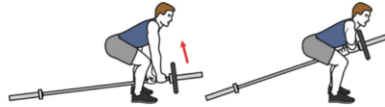
1A - Bb Bench Press Med Grip



- back flat on the bench - feet larger than shoulders and flat on the floor to get enough stability - grip slightly wider than shoulders - lower the bar to the bottom of your chest - push it back up without over extending your elbows - when performing the reps keep your elbows slightly in to break the shoulders- elbows line - keep shoulders down

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

1B - Barbell Bent Over Row Close Grip



- feet slightly wider than shoulders - bend over to 45° locking your back - lock your knees - engage your core - lift the barbell up to your chest - keep elbows close to body - lower your shoulders

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

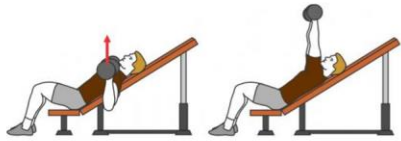
1C - Landmine Rainbow Anti-rotation



- feet flat on the floor, your body slightly bent over - use the hand on the bar's side to push up and the other one to drive the bar - engage your core - go from one side to the other one - swap hands positions on each set

Week	Sets	rep.	Tempo	Note	recovery
1	3	18 - 24	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	18 - 24	1-0-1	same as up	02:00
3	3	18 - 24	1-0-1	same as up	02:00
4	3	12 - 15	1-1-3	same as up	02:00
5	3	12 - 15	1-1-3	same as up	02:00
6	3	12 - 15	1-1-3	same as up	02:00

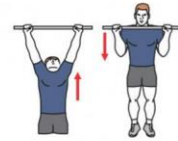
2A - Incline Dumbbell Press



- feet flat on the floor for more stability - bench inclined at 30° - keep your elbows slightly in when pushing up to break the line shoulders-elbows - lower dumbbell slightly under chest level - keep shoulders down

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

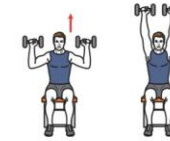
2B - Wide Grip Pull-Ups



- hands in a wide grip, larger than shoulders wide - lift yourself up to the bar - keep your legs straight - do not swing or help yourself by balancing your legs up

Week	Sets	Tempo	Note
1	3	1-0-1	as many reps as possible. Use an elastic band to remove some weight if too difficult to perform with
2	3	1-0-1	same as up
3	3	1-0-1	same as up
4	3	1-1-3	same as up
5	3	1-1-3	same as up
6	3	1-1-3	same as up

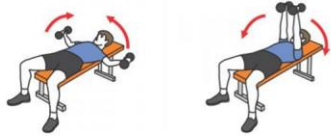
2C - Seated DB Military Press



- bench at 80° - elbows slightly in to break the line elbows-shoulders - lift the dumbbell - do not over extend your elbows - bring back dumbbell just above shoulders's level before next rep

Week	Sets	rep.	Tempo	Note	recovery
1	3	12 - 15	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	12 - 15	1-0-1	same as up	02:00
3	3	12 - 15	1-0-1	same as up	02:00
4	3	8 - 12	1-1-3	same as up	02:00
5	3	8 - 12	1-1-3	same as up	02:00
6	3	8 - 12	1-1-3	same as up	02:00

3A - Dumbbell Fly Neutral Grip



- back flat on the bench - start with dumbbells up at chest level - go down slightly lower than shoulders to break the line shoulders-elbows - come back up to 75° to keep tension on your chest - do not hit the dumbbell

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

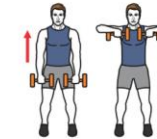
3B - DB Stand Reverse Fly Prone Grip



- use a bench at 45° for this exercise - prone grip with hands facing backward - keep shoulders down - lift the weight in a V shape to break line shoulders-elbows - keep shoulders blades decontracted - do not swing - keep arm straight down for a sec before next rep

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

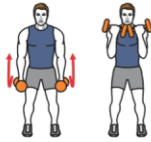
3C - Dumbbell Upright Row



- prone grip with hands facing backward - lift the dumbbell up to the chest with elbows higher than shoulders - keep dumbbells close to each other

Week	Sets	rep.	Tempo	Note	recovery
1	3	12 - 15	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	12 - 15	1-0-1	same as up	02:00
3	3	12 - 15	1-0-1	same as up	02:00
4	3	8 - 12	1-1-3	same as up	02:00
5	3	8 - 12	1-1-3	same as up	02:00
6	3	8 - 12	1-1-3	same as up	02:00

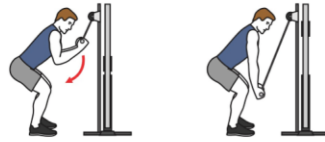
4A - DB Neutral to Supine Curl



- standing up - keep elbows close to core - start from neutral grip position to end up in supine position - do not swing - keep elbows as immobile as possible - rest your back on a wall if too difficult to not swing

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

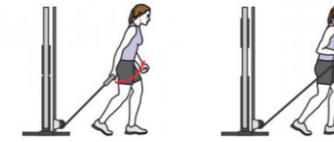
4B - Cable Triceps Extension



- supination grip with hands facing upward - keep upper arm perpendicular to the floor - do not move your elbows - use V shape grip - do not swing

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

4C - 1 Arm Cable Biceps Curl



- back to the pulley, grab one handle grip with one hand - step forward to create tension on the pulley - start with arm fully extend and perpendicular to the floor, and straight body - pull the pulley and bend upper body forward at the same time to keep the tension on your biceps - go back to initial position - keep elbows immobile - change hand

Week	Sets	rep.	Tempo	Note	recovery
1	3	12 - 15	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	12 - 15	1-0-1	same as up	02:00
3	3	12 - 15	1-0-1	same as up	02:00
4	3	8 - 12	1-1-3	same as up	02:00
5	3	8 - 12	1-1-3	same as up	02:00
6	3	8 - 12	1-1-3	same as up	02:00

UPPER B

1A - DB Close Grip Bench Press Neutral Grip



- back flat on the bench - feet wide enough to give you stability - start with dumbbells touching each other on the bottom of your chest - push as vertical as possible, push inward too to keep DB close - do not over extend your elbows

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

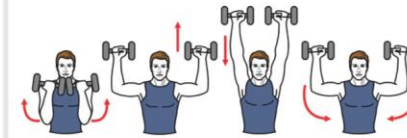
1B - Seated DB Bent Over Row



- sitting on a bench - feet close to each other - back bent at 75° - supine grip with hands facing upward - keep elbows close to the core - shoulders down - lift elbows when performing reps

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

1C - DB Arnold Shoulder Press



- sitting on a bench with backrest at 80° - start with dumbbells close to each other with hands facing you - rotate your hands while pushing dumbbells up to end up in a position with hands facing in front of you - keep elbows slightly in when pushing up to break the shoulders-elbows line - do not over extend your elbows when in final position

Week	Sets	rep.	Tempo	Note		
1	3	12	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset		
		15				
2	3	12	1-0-1		same as up	
		15				
3	3	12	1-0-1			same as up
		15				
4	3	8 - 12	1-1-3	same as up		
		12				
5	3	8 - 12	1-1-3		same as up	
		12				
6	3	8 - 12	1-1-3			same as up
		12				

2A - Inclined Dumbbell Fly Neutral Grip



- bench at 30° - feet flat on the floor to give you stability - back flat on the bench - start with dumbbells up over your chest - lower in a V shape to break the shoulders-elbows line - keep elbows in - come back to a position with your arms at 75° up to keep the tension on your chest at all time - do not hit the dumbbells

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

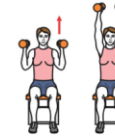
2B - Inclined Dumbbell Back Fly



- bench at 45° - neutral grip with hands facing each other - lift the dumbbells with arms at 90° - keep DB down for a sec before next rep - do not swing - keep shoulder blades decontracted

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

2C - Seated DB Shoulder Press Neutral Grip



- sitting on a bench at 80° - start with dumbbells above shoulders - neutral grip with hands facing each other - push up - do not over extend your elbows - keep your back straight

Week	Sets	rep.	Tempo	Note	recovery
1	3	12 - 15	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	12 - 15	1-0-1	same as up	02:00
3	3	12 - 15	1-0-1	same as up	02:00
4	3	8 - 12	1-1-3	same as up	02:00
5	3	8 - 12	1-1-3	same as up	02:00
6	3	8 - 12	1-1-3	same as up	02:00

3A - Barbell Bent Over Arms Front Raise



- use a bench at 45° - stabilise yourself with your feet - prone grip with hands facing backward - lift the barbell up to create a line hips-shoulders-hands - go back to initial position - do not swing - stabilise the bar before next rep - engage full core

Week	Sets	rep.	Tempo	Note
1	3	12 - 15	1-0-1	use a bench
2	3	12 - 15	1-0-1	same as up
3	3	12 - 15	1-0-1	same as up
4	3	8 - 12	1-1-3	same as up
5	3	8 - 12	1-1-3	same as up
6	3	8 - 12	1-1-3	same as up

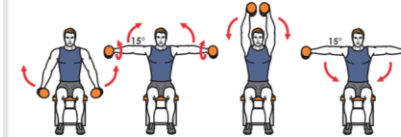
3B - Push Up Feet On Bench 90 Degrees Shoulders



- put your feet on a bench (or not if too difficult) - hands at shoulders level - keep elbows inward - lower your low chest at hands level - push back up

Week	Sets	Note
1	3	perform as many reps as possible
2	3	same as up
3	3	same as up
4	3	same as up
5	3	same as up
6	3	same as up

3C - Seated Dumbbell Arm Raise (rotation)



- sitting on a bench with backrest straight - keep shoulders down - raise the dumbbell with neutral grip (hands facing each other at the start) - rotate to supine grip (hands facing forward) when at shoulders level - go up with elbows slightly bent - do not over extend your elbows - reverse process on the way down

Week	Sets	rep.	Tempo	Note	recovery
1	3	12 - 15	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	12 - 15	1-0-1	same as up	02:00
3	3	12 - 15	1-0-1	same as up	02:00
4	3	8 - 12	1-1-3	same as up	02:00
5	3	8 - 12	1-1-3	same as up	02:00
6	3	8 - 12	1-1-3	same as up	02:00

4A - Cable Rope Hammer Biceps Curl



- stand up back to the machine - pulley between your legs - step forward to create tension on the pulley - keep elbows immobile and straight body - keep elbows close to your core - bend slightly forward when pulling the rope - come back to initial position

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

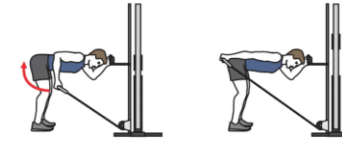
4B - Triceps Rope Pressdown



- stand up in front of the machine - pulley as high as possible to have tension on your triceps during all the movement - bend slightly forward - arms perpendicular to the floor - keep your elbows immobile - keep elbows close to your core - press down with upper arm straight and immobile

Week	Sets	rep.	Tempo
1	3	12 - 15	1-0-1
2	3	12 - 15	1-0-1
3	3	12 - 15	1-0-1
4	3	8 - 12	1-1-3
5	3	8 - 12	1-1-3
6	3	8 - 12	1-1-3

4C - Bentover Cable Triceps Kickback



- bend over at 90° - pulley as low as possible - grasp the cable with to handle on it - arm perpendicular to the floor - keep your upper arm immobile - keep your elbow close to your core - lift the pulley to create a straight line hand-elbow-shoulder

Week	Sets	rep.	Tempo	Note	recovery
1	3	12 - 15	1-0-1	perform the 3 exercises with no rest in between, take 1.30min up to 2min at the end of the triset	02:00
2	3	12 - 15	1-0-1	same as up	02:00
3	3	12 - 15	1-0-1	same as up	02:00
4	3	8 - 12	1-1-3	same as up	02:00
5	3	8 - 12	1-1-3	same as up	02:00
6	3	8 - 12	1-1-3	same as up	02:00