

CTWK STRENGTH & CONDITIONING



THE
WKOUT

CTW/K STRENGTH & CONDITIONING 5-DAY CHALLENGE

LA's Finest is in the house.

Master Trainer Chris-Tye Walker will take you through 5 days of his own style of training.

These WKOUTS's are designed to increase strength, push you outside of your comfort zone & burn calories while creating lean muscle.

These WKOUT's only require two weights so they are perfect if you don't have a lot of equipment.

No Excuses.

Press Play & Enjoy TheWKOUT

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CTW/K STRENGTH & CONDITIONING 5-DAY CHALLENGE

DAY 1 FULL BODY

DAY 2 CHEST & BACK

DAY 3 LEGS STRENGTH

DAY 4 BICEPS & TRICEPS

DAY 5 LEGS CARDIO

NOTES:

FULL BODY

1

Warm Up - 5 Minutes

Push Up & Downward Dog
5 x Push Ups & 10 Mountain Climbers

2

45 Second Rounds

Squats & Reverse lunge	Push Up Shoulder Taps
Squats	Squat & Press - Left
Squats Jumps & Pulse	Snatch - Left
Chest Press & Narrow Chest Press	Obliques - Left
Chest Press	Plank - Left
Laying Tricep Overhead Back	Squat & Press - Right
Push Ups	Snatch - Right
Hamstring Deadlifts	Narrow Chest Press
Bentover Row & Hamstring Deadlift	Tricep Chest Press
Bentover Row	Chest Flys
Goblets Squats	Side To Side Push Ups
Squat & Swing	Lunges
Pulse Jumps & Squats Jumps	Side Lunge - Left
Lat Pull Overs	Squat & Knee Lift - Left
Thrusts	Lunges
Thrusts - Bodyweight	Side Lunge - Right
Narrow Chest Press	Squat & Knee Lift - Right
Overhead Triceps	

3

Core Finisher

Straight Abs
Reverse Plank Hold
Plank In & Outs
Tuck Abs / Pike Abs
Plank - Knee Ins

4

Stretch

DAY 02

CHEST & BACK

1 Warm Up - 5 Mins

2 60 Second Rounds

- Chest Press
- Side To Side Push Ups
- Bentover Row
- Bentover Flys
- Chest Flys
- Side To Side Push Ups
- Bentover Row
- Bentover Flys
- Pike Cross Abs
- Toe Touches
- Reverse Abs
- Narrow Chest Press
- Plank Row
- Narrow Chest Press
- Push Ups
- Plank Row
- Bentover Row
- Chinnies
- Bike Abs
- Narrow To Cheat Fly
- Tricep Push Ups
- Single Row - Left
- Single Row - Right
- Wide Push Ups
- Narrow to Chest Flys
- Single Row - Left
- Single Row - Right
- Wide Push Ups
- Chest Press

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DAY 03

LEGS STRENGTH

1 Warm Up - 5 Minutes

2 Follow 12, 8 7 4 Reps

Squats & Jump Squats

90 Second Abs

Deadlifts

90 Second Abs

Goblet Squats

90 Second Abs

Lunges & Switch Lunges

90 Second Abs

Step Ups & Lunge & Curtsy

90 Second Abs

Pistol Squats

Goblets & Thrusts

90 Second Abs

Squat & Press & Snatch - Left

Squat & Press & Snatch - Right

DAY **04** **BICEPS & TRICEPS**

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1 Warm Up - 5 Mins
12 Reps, 8 Reps, 4 Reps

Bicep Curl & Press
Tricep Kick Backs
Push Ups

2 Abs
Chinnies
Full Sit Ups
Tuck Abs
Knee To Elbow
Heel Touches
Seated Pike Abs

12 Reps, 8 Reps, 4 Reps

Hammer Curl & Press
Hammer Curls
Overhead Triceps
In & Out Push Up

3 Abs
Elbow To Knees
Reverse Hold
In & Out Reverse Abs
Reverse Hold
Bike Abs

4 *12 Reps, 8 Reps, 4 Reps*

Single Arm Curl - Bicep Right
Single Arm Curl - Bicep Right
Shoulder Press - Right
Tricep Overhead - Right
Tricep Push Up - Right

5 Abs
Pike Abs
Touch Toes
Flutter Kicks
Plank In & Out
Chinnies

6 Finisher
Bicep Curl
Side & Front Flys
Laying Triceps
Triceps Dips

DAY **05**

LEGS CARDIO

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1 45 Min Conditioning Session

45lb Weight - Abs
Step - Optional

2 Warm Up - 5 Mins

Squat Jump & Lunge Jump - Left & Right
Walking Squats & Jump Back
Burpee & Two Squat Jumps
Skaters
Box Jumpovers
Box Jumpover Toe Touches
Box Switch Lunge
Pop Squats
Burpee Switch Lunge
Squat & Lunge - Stay Low

3 Sit Up Abs
Jackknifes
Suitcase Crunches
Reverse Abs & Flutter Kicks
Squat & Knee Drive - Left
Lunge Pulses - Left
Squat & Knee Drive - Right
Lunge Pulses - Right
Bulgarian Lunge - Left
Lunge Hold Jumps - Left
Bulgarian Lunge - Right
Lunge Hold Jumps - Right

4 Sit Up Abs
Pike Abs
Suitcase Crunches
Reverse Crunches Flutter Kicks
Kick Throughs
Mountain Climbers

5 Switch Lunge Jumps - Left & Right
3 Switch Lunge - Left & Right
Up & Down Kneeling Squat Jumps
Burpees

6 Sit Up Abs
Pike Abs
Kick Through

7 Box Tap Overs
Walking Squats & Jump Back
Squats & Lunges - Left & Right

THANK YOU
FOR JOINING

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XOXO

**don't forget to post!!!*