



PT Practical Hours Workout 1 - Upper Body Push Day + HIIT

This PT session is an upper body push workout focusing on chest, shoulders and triceps.

All exercise video examples for this workout are in the “FIT CHICKS Video Exercise Library” under the Fitness Module Tab. Please watch the videos prior to training to ensure proper form.

Your volunteer must fill out the PT evaluation form and submit as per guidelines.

WARM UP - 5 – 10 Minute Dynamic Warm Up of choice

Exercises	Sets	Reps	Rest	Tempo
UPPER BODY PUSH 1				
Chest Press with Dumbbells	3	15	30 seconds	2020
Chest Flyes with Dumbbells	3	15	30 seconds	2020
Push-Ups	3	12	30 seconds	1010
Upright Row	3	12	30 seconds	4242
Front raise	3	12	30 seconds	3232
Tricep Over Head Extensions w Dumbbells	3	12	30 seconds	3010
Tricep Dips on Bench	3	10	30 seconds	1010
HIIT- 4 MIN METABOLIC FINISHER				
Mountain Climbers	2		30 seconds	
Jump Lunges	2		30 seconds	
Burpees	2		30 seconds	
Bench Step Ups	2		30 seconds	

STATIC STRETCH - 5-10 MINUTES OF YOUR CHOICE



PT Practical Hours Workout 2 - Upper Body Pull Day + HIIT

This PT session is an upper body pull workout focusing on back & biceps.

All exercise video examples for this workout are in the “FIT CHICKS Video Exercise Library” under the Fitness Module Tab. Please watch the videos prior to training to ensure proper form.

Your volunteer must fill out the PT evaluation form and submit as per guidelines.

WARM UP - 5 – 10 Minute Dynamic Warm Up of choice

Exercises	Sets	Reps	Rest	Tempo
UPPER BODY PULL 1				
Wide Row	3	15	30 seconds	2020
Dumbbell Pullover	3	15	30 seconds	2020
Super Chicks	3	12	30 seconds	1010
Standing Y	3	12	30 seconds	4040
Bicep Curl	3	12	30 seconds	2020
Concentration Curl	3	12	30 seconds	3010
HIIT- 6 MIN AMRAP (As many rounds as possible)				
BURPEES	10			
WEIGHTED JACKS	10			
ALTERNATING DUMBBELL SWING – Right Arm	10			
ALTERNATING DUMBBELL SWING – Left Arm	10			

STATIC STRETCH - 5-10 MINUTES OF YOUR CHOICE



PT Practical Hours Workout 3 - Legs & Core

This PT session is a leg workout focusing on quads, hamstrings, hips, glutes and calves and the core.

All exercise video examples for this workout are in the “FIT CHICKS Video Exercise Library” under the Fitness Module Tab. Please watch the videos prior to training to ensure proper form.

Your volunteer must fill out the PT evaluation form and submit as per guidelines.

WARM UP - 5 – 10 Minute Dynamic Warm Up of choice

Exercises	Sets	Reps	Rest	Tempo
LEGS				
Jump Squat	3	15	30 seconds	
Goblet Squat	3	15	30 seconds	2020
Alternating Reverse Lunge	3	12 per leg	30 seconds	1010
Deadlift	3	12	30 seconds	4040
Side Lunge	3	12 per leg	30 seconds	2020
Bench Hip Thruster	3	12	30 seconds	3010
Split Squats	3	12 per leg	30 sec	1010
Weighted Calf Raise	3	12	30 sec	3232
CORE				
Plank with Hip Tap		45 sec		
Rotating Side Plank		12 per side		
Russian Twist		45 sec		
Lower Leg Raises		15		

STATIC STRETCH - 5-10 MINUTES OF YOUR CHOICE