



BOBBY WESTSIDE

WEEK 1

1.19.20

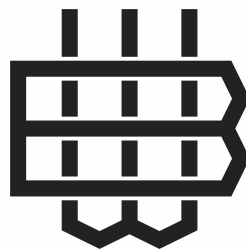
OVERVIEW

Hey friends! Just popping in quickly to say that these weekly total body circulations are meant to supplement the quarterly programs I put out on the site.

They are quicker and abbreviated programs that get the job done when you can't dedicate a ton of time or energy to the gym that day or week.

I would encourage you to focus your workouts so that every day isn't a total body burner, otherwise you're not hitting certain muscle groups hard enough to build muscle, or you're not giving the muscle groups you did hit hard enough the proper time to recover.

Hope you enjoy! Let me know any questions, comments, or feedback via DM, text, email, etc.



UPPER BODY

Superset 1 • 3 sets, 8 reps each

- H 1A | BB/DB Chest Press
 - H 1B | DB Single Arm Row
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Superset 2 • 3 sets, 10 reps each

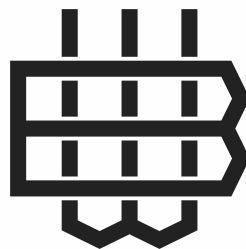
- M 2A | BB/DB Shoulder Press
 - M 2B | Lat Pulldowns / Pullups
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Superset 3 • 3 sets, 12 reps each

- M 3A | Bicep Curl (any variation)
 - M 3B | Tricep Dips
-

2020 Finisher • 6 rounds

- 20s jackknife
- 20s reverse crunch
- 20s recovery



Heavy

Medium

Light

LOWER BODY

Superset 1 • 3 sets, 6 reps each

- 1A | BB/DB Deadlift
 - 1B | Bar Over Burpees or Just Burpees
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Superset 2 • 3 sets, 8 reps each

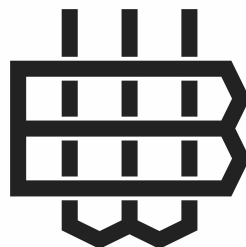
- 2A | BB/DB Front or Goblet Squat
 - 2B | Squat Jumps or Box/Bench Jumps
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Superset 3 • 3 sets, 10 reps each leg

- 3A | Single Leg Deadlift
 - 3B | Single Leg (Same As 3A) Lunge
-

2020 Finisher • 6 rounds

- 20s toe touch
- 20s full sit up
- 20s recovery



- Heavy
- Medium
- Light

TOTAL BODY

Superset 1 • 3 sets, 10 reps each

H 1A | BB/DB Deadlift

H 1B | BB/DB Row (opt. combo with 1A)

Superset 2 • 3 sets, 10 reps each

M 2A | DB Bicep Curl

M 2B | DB Squat + Press (opt. combo 2A)

Superset 3 • 3 sets, 12 reps each

H 3A | BB/DB Chest Press

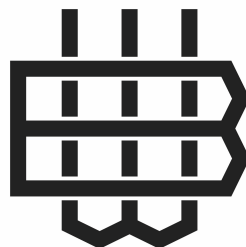
3B | Leg Lifts (holding 3A weight up)

2020 Finisher • 6 rounds

20s marching plank

20s mountain climbers

20s recovery



Heavy

Medium

Light

ISOLATED ARMS

Superset 1 • 3 sets, 8 reps each

- H 1A | BB/DB Bicep Curl
 - M 1B | Close-Grip Bench Press / Pushups
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Superset 2 • 3 sets, 10 reps each

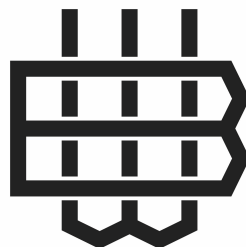
- H 2A | BB/DB Incline Skull Crushers
 - M 2B | DB Incline Bicep Curls
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Superset 3 • 3 sets, 12 reps each

- M 3A | Alternating Hammer Curl
 - M 3B | Tricep Kickbacks
-

2020 Finisher • 6 rounds, 3L | 3R

- 20s concentration curl
- 20s tricep bench dips
- 20s recovery



- Heavy
- Medium
- Light