



**BOBBY WESTSIDE**

**WEEK 2**

*1.26.20*

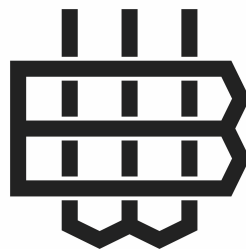
# OVERVIEW

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.



# OVERVIEW PT. II

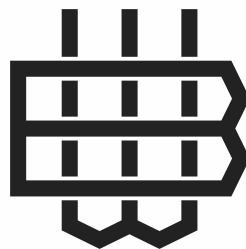
Last week I sent out the first distribution of free workouts and nobody sent me any death threats so I think (?) it went well. But building on the first, I wanted to add this part and offer some thoughts on how I thought about the upcoming program.

Last week was a common pattern, supersets with one exercise using your body's push system and one using its pull system, back and forth.

This week, we're going to build that out a bit and use the other system as an intermittent recovery with lighter weights. So we'll do Push/Pull/Push (or vice versa), where the middle movement is meant to give the other muscles a break before we burn them out.

That's easy to understand for upper body, but it's also the same for the lower body where we have two movements – the push (a squat or lunge) and the pull (a hinge or deadlift). You'll see the same concept applied here.

As always, enjoy, and let me know any questions or general feedback!



# UPPER BODY

## Superset 1 • 3 sets, 10 reps each

- H 1A | BB/DB Chest Press
  - M 1B | DB Reverse Back Fly
  - 1C | Pushups until failure
- 

## Superset 2 • 3 sets, 10 reps each

- H 2A | BB/DB Flat Row
  - M 2B | DB Chest Fly
  - 2C | Pullups/Bodyweight Rows til failure
- 

## Superset 3 • 3 sets, 10 reps each

- M 3A | Rope Tricep Pulldown
  - M 3B | Rope Bicep Curl
  - L 3C | DB Lateral Shoulder Raises
- 

## 2020 Finisher • 6 rounds

- 20s right jackknife
- 20s left jackknife
- 20s recovery



Heavy  
Medium  
Light

BB = Barbell  
DB = Dumbbell  
KB = Kettlebell

# LOWER BODY

## Superset 1 • 3 sets, 10 reps each

- H 1A | BB/DB Back Squat
  - M 1B | DB/KB Swings
  - 1C | Jump Squat burnout
- 

## Superset 2 • 3 sets, 10 reps each

- H 2A | BB/DB Deadlift
  - M 2B | Reverse Lunge + curl
  - 2C | KB/DB Snatch (5L | 5R)
- 

## Superset 3 • 3 sets, 10 reps each

- M 3A | Leg Extension machine
  - M 3B | Hamstring Curl machine
  - 3C | Calf Raise burnout
- 

## 2020 Finisher • 6 rounds

- H 20s weighted crunch
- 20s weighted full situp
- 20s recovery



Heavy

Medium

Light

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# TOTAL BODY

Superset 1 • 3 sets, 10 reps each

- 1A | DB Chest Press
- 1B | DB Goblet Squat (use 1 DB)
- 1C | DB OH Tricep Extension (use 1 DB)

Superset 2 • 3 sets, 10 reps each side

- 2A | DB Single Arm Bench Row
- 2B | DB Single Leg Deadlift
- 2C | DB Single Arm Hammer Curl

Superset 3 • 3 sets, 10 reps each

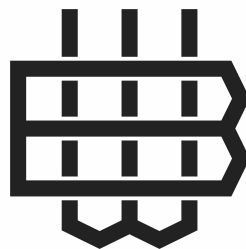
- 3A | DB Swing + Curl
- 3B | DB Swing + Curl + Press
- 3C | DB Swing + Curl + Press + OH Lunge

2020 Finisher • 6 rounds

20s leg lifts

20s windshield wipers

20s recovery



Heavy

Medium

Light

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# ISOLATED BACK

Superset 1 • 3 sets, 10 reps each

- H 1A | Pullups / Lat Pulldown machine
  - M 1B | DB Seated Reverse Back Fly
  - L 1C | DB High Pull, opt. Snatch
- 

Superset 2 • 3 sets, 10 reps each side

- H 2A | Seated Cable Row
  - M 2B | DB Lat Pullover
  - L 2C | Bodyweight Row burnout
- 

Superset 3 • 3 sets, 10 reps each

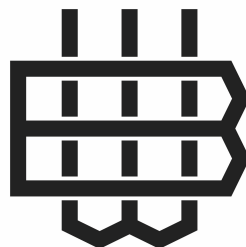
- L 3A | Cable Machine Rope Face Pull
  - 3B | Pushups
  - L 3C | Single Arm Cable Rope Lateral Raise
- 

2020 Finisher • 6 rounds

20s hollow hold

20s V-sit

20s recovery



Heavy

Medium

Light

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