



# WEEK 5



**BOBBY WESTSIDE**

2.16.20

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# QUICK INTRO

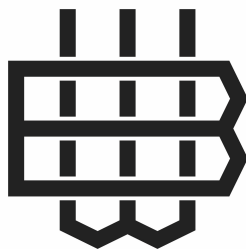
Barry O aka Barack's Bootcamp aka The Spin Doctor bringing us a Happy President's Day ya filthy animals.

This week we're looking at pairing heavy lifts, using high weight and low reps, with the polar opposite, powerful movements of low to no weight and high reps.

The result will be something like swinging a baseball bat with a donut on it. By going heavy before you're actually up-to-bat, your proverbial swing speed will be faster since you were just weighing yourself down.

For instance, moving from a heavy bench press to tricep dips will be a weight change that will feel like you're floating for the first few reps. Same with squats and vert jumps, etc. Sadly this will not last long a la fatigue...but we want to use it as a launching pad.

Let me know how it goes!



# OTHER STUFF

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.

And finally, of course these are meant to be guides but I can't be in the gym with you to ensure your safety at all times. Be careful, be thoughtful, and of course take your time with heavy weights and any unfamiliar movements.

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



# UPPER BODY

**Superset 1 • 3 sets, 5 heavy reps, 15 light**

☐ H 1A | BB/DB Chest Press

☐ L 1B | Bodyweight Tricep Dips (On Bench)

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**Superset 2 • 3 sets, 5 heavy reps, 15 light**

☐ H 1A | BB/DB Row (opt. Single Arm)

☐ L 1B | DB Bent Over Reverse Flys (opt. SA)

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**Superset 3 • 3 sets, 5 heavy reps, 15 light**

☐ H 1A | BB/DB Shoulder Press

☐ L 1B | Bodyweight Push-Ups

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**Superset 4 • 3 sets, 5 heavy reps, 15 light**

☐ H 1A | BB/DB Bicep Curl

☐ L 1B | Swinging Hammer Curl (opt. banded)

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**2020 Finisher • 6 rounds**

20s elbow plank

20s mountain climbers

20s recovery



Heavy

Medium

Light

BB = Barbell  
DB = Dumbbell  
KB = Kettlebell

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# LOWER BODY

**Superset 1 • 5 sets, 5 heavy reps, 15 light**

H

1A | BB/DB Back Squat

L

1B | Vertical Jump (squat with reach)

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**Superset 2 • 5 sets, 5 heavy reps, 15 light**

H

1A | BB/DB Deadlift (pref. hex bar)

L

1B | Single-Arm DB Snatch or Swing

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**Superset 3 • 5 sets, 5 heavy reps, 15 light**

H

1A | DB Single-Leg Bench Lunge

L

1B | Step Up with Knee Drive

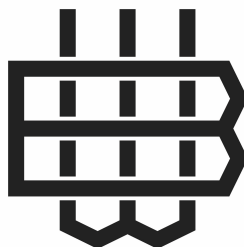
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**2020 Finisher • 6 rounds**

20s glute bridge

20s bicycles

20s recovery



Heavy

Medium

Light

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# TOTAL BODY

**Superset 1 • 5 sets, 5 heavy reps, 15 light**

H 1A | BB/DB Front Squat

L 1B | DB Swing + Press

1C | Vertical Jump (squat jump with reach)

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**Superset 2 • 5 sets, 5 heavy reps, 15 light**

H 2A | BB/DB Chest Press

L 2B | Single-Arm DB Snatch

2C | Push-Ups

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**Superset 3 • 5 sets, 5 heavy reps, 15 light**

H 3A | BB/DB Bicep Curls

L 3B | DB Reverse Flys

3B | Bodyweight Rows (use BB or TRX)

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**2020 Finisher • 6 rounds**

20s marching plank

20s pushups

20s recovery



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# ISOLATED CORE

**Superset 1 • 3 sets, 15 reps**

1A | BB/DB Weighted Sit Up

1B | Russian Twists (15x2=30 total)

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**Superset 2 • 3 sets, 10 reps**

1A | Elbow Plank for Time (until bad form)

1B | Leg Lifts (left, center, right, 10x3=30)

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**Superset 3 • 3 sets, 10 reps**

1A | Ab Rollout (barbell or ab roller)

1B | Deadbug with Yoga Block (each side)

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**2020 Finisher • 6 rounds**

20s side plank L

20s side plank R

20s recovery



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Medium

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