



## 6 WEEK WORKOUT PLAN

**Ephesians 5:1-7 New King James Version (NKJV)**

### **Walk in Love**

**1** Therefore be imitators of God as dear children. **2** And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

**3** But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; **4** neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. **5** For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God. **6** Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. **7** Therefore do not be partakers with them.

# Week 1

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_

Monday – TEST IN

WORKOUT	
Max push - ups	2 min
	Reps:
2 minute rest	
Max sit-ups	2 min
	Reps:
2 minute rest	
5k	Time
	Hr:Min:Sec

**Ephesians 5:8-14 (NKJV)**

### Walk in Light

**8** For you were once darkness, but now you are light in the Lord. Walk as children of light **9** (for the fruit of the Spirit is in all goodness, righteousness, and truth), **10** finding out what is acceptable to the Lord. **11** And have no fellowship with the unfruitful works of darkness, but rather expose them. **12** For it is shameful even to speak of those things which are done by them in secret. **13** But all things that are exposed are made manifest by the light, for whatever makes manifest is light. **14** Therefore He says:

“Awake, you who sleep, Arise from the dead, And Christ will give you light.”

# Week 1

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Tuesday

Workout					
5 min Cardio Warm-up					
Pull-ups			Set 1	Set 2	Set 3
			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Dumbbell Row		Set 1	Set 2	Set 3	Set 4
Left Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Right Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Rev. Grip Lat Pull-downs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shrugs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:
15 minutes of interval training				1 min 100% and 1 min 50%	

# Week 1

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Wednesday

Workout				
5 min Cardio Warm-up				
Leg Extensions		Set 1	Set 2	Set 3
		Reps: 15 Lbs:	Reps: 15 Lbs:	Reps: 15 Lbs:
Smith Machine Squats		Set 1	Set 2	Set 3
		Reps: 15 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:
Leg Curls		Set 1	Set 2	Set 3
		Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Leg Extensions		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Dumbbell Curls		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Hammer Curls		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Cable Curls		Set1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Cool Down: Run/Walk/Crawl 1 Mile				

# Week 1

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Thursday

Workout		30-60 second rest on everything				
5 min Cardio Warm-up						
Flat Bench Press		Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:	
Flat Dumbbell Fly's			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Machine Incline Press		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Incline Fly's w/dumbbells			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Triceps Press-downs		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Triceps kickbacks		Set 1	Set 1	Set 2	Set 3	
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Shoulder Press w/Dumbbells			Set 1	Set 2	Set 3	
			Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Super-set: Front Lateral Raise: 3 Sets/10 Reps & Side Lateral Raise: 3 Sets/10 Reps						
Cool Down: 10 Minutes on Bike						

Week 1

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Friday

Workout	Time HR:Min:Sec
5K Run	
100 Push-ups	
100 Sit-ups (or crunches)	
100 Body Weight Squats	
100 Jumping Jacks	

### Ephesians 5:15-21 (NKJV)

#### Walk in Wisdom

**15** See then that you walk circumspectly, not as fools but as wise, **16** redeeming the time, because the days are evil.

**17** Therefore do not be unwise, but understand what the will of the Lord is. **18** And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, **19** speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, **20** giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, **21** submitting to one another in the fear of God.

# Week 1

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Saturday

Workout					
5 min Cardio Warm-up					
Pull-ups			Set 1	Set 2	Set 3
			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Dumbbell Row		Set 1	Set 2	Set 3	Set 4
Left Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Right Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Rev. Grip Lat Pull-downs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shrugs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:
15 minutes of interval training				1 min 100% and 1 min 50%	

Week 1

# SOULCON

WARRIOR ELITE

Sunday – Sabbath  
Rest Day





# Week 2

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Monday

Workout			
5 min Cardio Warm-up			
Leg Extensions	Set 1	Set 2	Set 3
1 Minute Sets	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Leg Curls	Set 1	Set 2	Set 3
1 Minute Sets	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Leg Presses	Set 1	Set 2	Set 3
1 Minute Sets	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Squat Jumps	Set 1	Set 2	Set 3
1 Minute Sets	Reps:	Reps:	Reps:
Calf Raises	Set 1		Set 2
	Reps: Lbs:		Reps: Lbs:
Lunges	Set 1		Set 2
Left Side, 1 Minute Sets	Reps:		Reps:
Right Side, 1 Minute Sets	Reps:		Reps:
Flutter Kicks	Set 1		Set 2
1 Minute Sets	Reps:		Reps:
Leg Raises (on your back)	Set 1		Set 2
1 Minutes Sets	Reps:		Reps:
Crunches	Set 1		Set 2
1 Minute Sets	Reps:		Reps:
Plank	2 Minutes		

# Week 2

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Tuesday

Workout		30-60 second rest on everything		
5 min Cardio Warm-up				
Flat Chest Press	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Decline Chest Press	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Flat DB Chest Fly's	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Dips (or Push-ups)	Set 1	Set 2	Set 3	Set 4
MAXReps	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
DB Shoulder Press		Set 1	Set 2	Set 3
		Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Frontal Raises		Set 1	Set 2	Set 3
		Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 6 Lbs25
Lateral Raises		Set 1	Set 2	Set 3
		Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Push-ups		Set 1	Set 2	Set 3
Until Failure		Reps:	Reps:	Reps:
Cool Down: Run/Walk/Crawl 1 Mile				

Week 2

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_

Wednesday

Workout	Time HR:Min:Sec
5K Run	
200 Push-ups	
200 Sit-ups (or crunches)	
100 Body Weight Squats	



# Week 2

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Thursday

Workout				
5 min Cardio Warm-up				
Squats	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Leg Extensions	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Leg Presses	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Machine Leg Curls	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Smith Machine Lunges		Set 1	Set 2	Set 3
Left Leg		Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Right Leg		Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Calf Raises	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Cool Down: 10 Minutes on Bike				

# Week 2

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Friday

Workout				
5 min Cardio Warm-up				
Wide Lat Pull-downs	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
One Arm Bent Over Dumbbell Rows	Set 1	Set 2	Set 3	
Left Arm	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Right Arm	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Reverse Grip Lat Pull-downs	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Smith Machine Shoulder Shrugs	Set 1	Set 2	Set 3	
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Reverse Fly's w/Dumbbells	Set 1	Set 2		
		Reps: 25 Lbs:	Reps: 25 Lbs:	
Bent Over Cable Curls	Set 1	Set 2	Set 3	
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	
EZ Bar Curls	Set 1	Set 2	Set 3	
If possible	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	
Cool Down: 10 Minutes Cardio of your choice.				

Week 2

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_

Saturday

Workout	Time HR:Min:Sec
5K Run	
100 Push-ups	
100 Sit-ups (or crunches)	



Week 2

# **SOULCON**

**WARRIOR ELITE**

Sunday – Sabbath  
Rest Day



# Week 3

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

# Monday

Workout				
5 min Cardio Warm-up				
Flat Bench Dumbbell Press	Set 1	Set 2	Set 3	Set 4
	Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:
Pec Deck	Set 1	Set 2	Set 3	
		Reps: 15 Lbs:	Reps: 15 Lbs:	Reps: 15 Lbs:
Machine Incline Press	Set 1	Set 2	Set 3	Set 4
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Machine Flat Bench Press	Set 1	Set 1	Set 2	Set 3
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Heavy Triceps Press-downs	Set 1	Set 2	Set 3	Set 4
	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Triceps Overhead Press w/Dumbbell	Set 1	Set 2	Set 3	
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:
Super-set: Front Lateral Raise: 3 Sets/10 Reps & Side Lateral Raise: 3 Sets/10 Reps				
15 minutes of interval training			1 min 100% and 1 min 50%	



# Week 3

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Tuesday

Workout					
5 min Cardio Warm-up					
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Pull-ups			Set 1	Set 2	Set 3
Until Failure			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Dumbbell Row	Set 1	Set 2	Set 3	Set 4	
Left Arm	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:	
Right Arm	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:	
Rev. Grip Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Dumbbell Shrugs	Set 1	Set 2	Set 3	Set 4	
	Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Upright Rows			Set 1	Set 2	Set 3
			Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:

Week 3

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Wednesday

Workout	Time HR:Min:Sec
5K Run	
250 Push-ups	
150 Sit-ups (or crunches)	
100 Jumping Jacks	



# Week 3

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Thursday

Workout				
5 min Cardio Warm-up				
Squats	Set 1	Set 2	Set 3	Set 4
	Reps: 15 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Leg Extensions	Set 1	Set 2	Set 3	
	Reps: 15 Lbs:	Reps: 15 Lbs:	Reps: 15 Lbs:	
Leg Curls	Set 1	Set 2	Set 3	
	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Leg Extensions	Set 1	Set 2	Set 3	
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Dumbbell Curls	Set 1	Set 2	Set 3	Set 4
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Hammer Curls	Set 1	Set 2	Set 3	
	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Cable Curls	Set 1	Set 2	Set 3	
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Cool Down: 10 Minutes on Bike or easier Cardio				

# Week 3

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Friday

Workout				
5 min Cardio Warm-up				
Incline Bench Chest Press	Set 1	Set 2	Set 3	Set 4
	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Flat Bench Chest Press	Set 1	Set 2	Set 3	Set 4
	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Decline Chest Press	Set 1	Set 2	Set 3	Set 4
	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dips (or Push-ups)	Set 1	Set 2	Set 3	Set 4
<b>MAX</b>	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Flat Dumbbell Chest Fly's			Set 1	Set 2
			Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shoulder Press		Set 1	Set 2	Set 3
		Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Frontal Raises		Set 1	Set 2	Set 3
		Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Lateral Raises		Set 1	Set 2	Set 3
		Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Push-ups		Set 1	Set 2	Set 3
		Reps:	Reps:	Reps:
Cool Down: 5 Minutes, Cardio of your choice.				

Week 3

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_  
Weight: \_\_\_\_

Saturday or Sunday



# Week 4

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Monday

Workout					
5 min Cardio Warm-up					
Pull-ups			Set 1	Set 2	Set 3
MAX			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Dumbbell Row		Set 1	Set 2	Set 3	Set 4
Left Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Right Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Rev. Grip Lat Pull-downs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shrugs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:
15 minutes of interval training				1 min 100% and 1 min 50%	

Week 4

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Tuesday

Workout	Time HR:Min:Sec
5K Run	
100 Push-ups	
100 Sit-ups (or crunches)	
100 Body Weight Squats	
100 Jumping Jacks	



# Week 4

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Wednesday

Workout				
5 min Cardio Warm-up				
Leg Extensions		Set 1	Set 2	Set 3
		Reps: 15 Lbs:	Reps: 15 Lbs:	Reps: 15 Lbs:
Smith Machine Squats		Set 1	Set 2	Set 3
		Reps: 15 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:
Leg Curls		Set 1	Set 2	Set 3
		Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Leg Extensions		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Dumbbell Curls		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Hammer Curls		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Cable Curls		Set1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Cool Down: Run/Walk/Crawl 1 Mile				



# Week 4

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Thursday

Workout		30-60 second rest on everything				
5 min Cardio Warm-up						
Flat Bench Press		Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:	
Flat Dumbbell Fly's			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Machine Incline Press		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Incline Fly's w/dumbbells			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Triceps Press-downs		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Triceps kickbacks		Set 1	Set 1	Set 2	Set 3	
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Shoulder Press w/Dumbbells			Set 1	Set 2	Set 3	
			Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Super-set: Front Lateral Raise: 3 Sets/10 Reps & Side Lateral Raise: 3 Sets/10 Reps						
Cool Down: 10 Minutes on Bike						

# Week 4

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Friday

Workout					
5 min Cardio Warm-up					
Pull-ups			Set 1	Set 2	Set 3
			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Dumbbell Row		Set 1	Set 2	Set 3	Set 4
Left Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Right Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Rev. Grip Lat Pull-downs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shrugs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:
15 minutes of interval training				1 min 100% and 1 min 50%	

Week 4

**SOULCON**

**WARRIOR ELITE**

Saturday – Sabbath  
Rest Day



Week 4

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_  
Weight: \_\_\_\_

Sunday



# Week 5

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Monday

Workout				
5 min Cardio Warm-up				
Wide Lat Pull-downs	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
One Arm Bent Over Dumbbell Rows	Set 1	Set 2	Set 3	
Left Arm	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Right Arm	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Reverse Grip Lat Pull-downs	Set 1	Set 2	Set 3	Set 4
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Smith Machine Shoulder Shrugs	Set 1	Set 2	Set 3	
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:
Reverse Fly's w/Dumbbells	Set 1	Set 2		
		Reps: 25 Lbs:	Reps: 25 Lbs:	
Bent Over Cable Curls	Set 1	Set 2	Set 3	
	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	
EZ Bar Curls	Set 1	Set 2	Set 3	
If possible	Reps: 25 Lbs:	Reps: 25 Lbs:	Reps: 25 Lbs:	
Cool Down: 10 Minutes Cardio of your choice.				

Week 5

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_

Tuesday

Workout	Time HR:Min:Sec
5K Run	
500 Push-ups (throughout the day)	
250 Sit-ups (or crunches throughout the day)	



# Week 5

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Wednesday

Workout			
5 min Cardio Warm-up			
Leg Extensions	Set 1	Set 2	Set 3
1 Minute Sets	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Leg Curls	Set 1	Set 2	Set 3
1 Minute Sets	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Leg Presses	Set 1	Set 2	Set 3
1 Minute Sets	Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Squat Jumps	Set 1	Set 2	Set 3
1 Minute Sets	Reps:	Reps:	Reps:
Calf Raises	Set 1		Set 2
	Reps: Lbs:		Reps: Lbs:
Lunges	Set 1		Set 2
Left Side, 1 Minute Sets	Reps:		Reps:
Right Side, 1 Minute Sets	Reps:		Reps:
Flutter Kicks	Set 1		Set 2
1 Minute Sets	Reps:		Reps:
Leg Raises (on your back)	Set 1		Set 2
1 Minutes Sets	Reps:		Reps:
Crunches	Set 1		Set 2
1 Minute Sets	Reps:		Reps:
Plank	2 Minutes		

# Week 5

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Thursday

Workout		30-60 second rest on everything				
5 min Cardio Warm-up						
Flat Bench Press		Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:	
Flat Dumbbell Fly's			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Machine Incline Press		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Incline Fly's w/dumbbells			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Triceps Press-downs		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Triceps kickbacks		Set 1	Set 1	Set 2	Set 3	
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Shoulder Press w/Dumbbells			Set 1	Set 2	Set 3	
			Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Super-set: Front Lateral Raise: 3 Sets/10 Reps & Side Lateral Raise: 3 Sets/10 Reps						
Cool Down: 10 Minutes on Bike						



Week 5

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_

Friday – Mock Test Out

WORKOUT	
Max push - ups	2 min
	Reps:
2 minute rest	
Max sit-ups	2 min
	Reps:
2 minute rest	
5k	Time
	Hr:Min:Sec

**SHARE YOUR TIMES WITH TEAM ON THE TEAM PAGE**

# Week 5

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Saturday

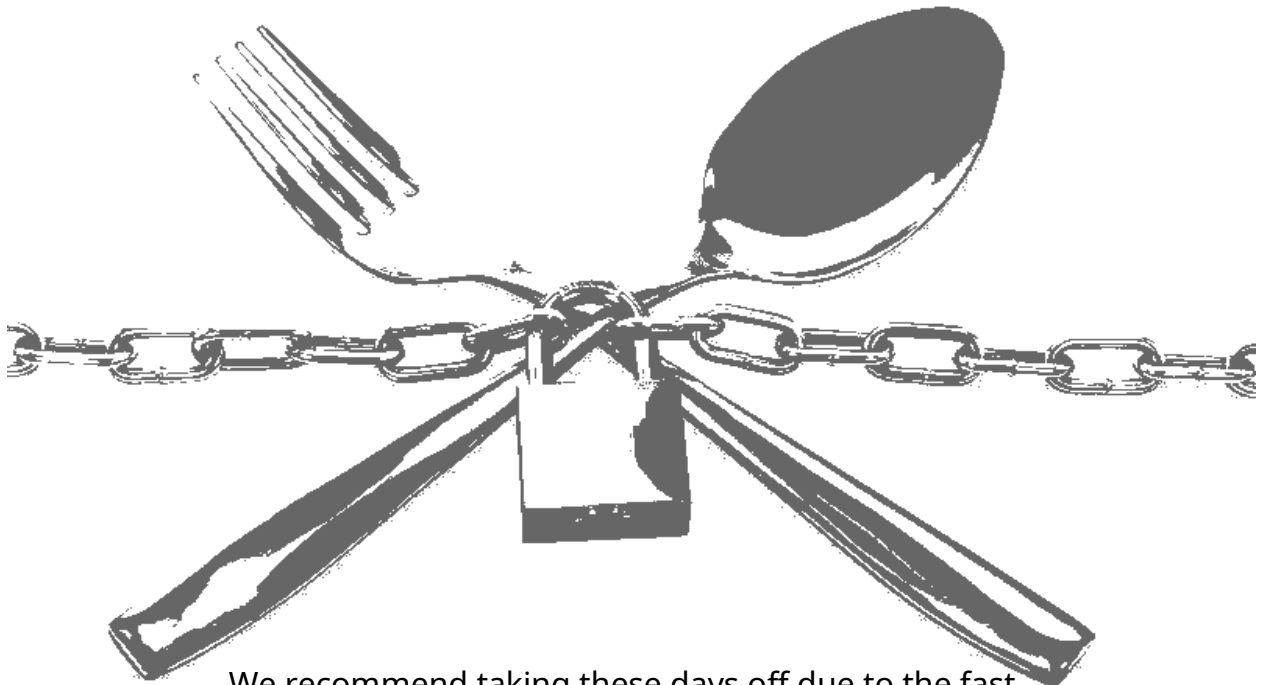
Workout					
5 min Cardio Warm-up					
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Pull-ups			Set 1	Set 2	Set 3
Until Failure			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Dumbbell Row	Set 1	Set 2	Set 3	Set 4	
Left Arm	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:	
Right Arm	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:	
Rev. Grip Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Dumbbell Shrugs	Set 1	Set 2	Set 3	Set 4	
	Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Upright Rows			Set 1	Set 2	Set 3
			Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:

Week 6

# SOULCON

WARRIOR ELITE

Sunday - Monday



We recommend taking these days off due to the fast.  
If you do anything, just do cardio.

Week 6

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Tuesday

Workout	Time HR:Min:Sec
5K Run	
100 Push-ups	
100 Sit-ups (or crunches)	
100 Body Weight Squats	
100 Jumping Jacks	



# Week 6

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Wednesday

Workout					
5 min Cardio Warm-up					
Pull-ups			Set 1	Set 2	Set 3
			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Dumbbell Row		Set 1	Set 2	Set 3	Set 4
Left Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Right Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Rev. Grip Lat Pull-downs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shrugs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:
15 minutes of interval training				1 min 100% and 1 min 50%	

# Week 6

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Thursday

Workout		30-60 second rest on everything				
5 min Cardio Warm-up						
Flat Bench Press		Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:	
Flat Dumbbell Fly's			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Machine Incline Press		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Incline Fly's w/dumbbells			Set 1	Set 2	Set 3	
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:	
Triceps Press-downs		Set 1	Set 2	Set 3	Set 4	
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Triceps kickbacks		Set 1	Set 1	Set 2	Set 3	
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	
Shoulder Press w/Dumbbells			Set 1	Set 2	Set 3	
			Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	
Super-set: Front Lateral Raise: 3 Sets/10 Reps & Side Lateral Raise: 3 Sets/10 Reps						
Cool Down: 10 Minutes on Bike						

Week 6

# SOULCON

WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_

Friday – TEST OUT

WORKOUT	
Max push - ups	2 min
	Reps:
2 minute rest	
Max sit-ups	2 min
	Reps:
2 minute rest	
5k	Time
	Hr:Min:Sec

**CRUSH IT AND SHARE YOUR TIMES WITH TEAM**

# Week 6

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Saturday

Workout				
5 min Cardio Warm-up				
Leg Extensions		Set 1	Set 2	Set 3
		Reps: 15 Lbs:	Reps: 15 Lbs:	Reps: 15 Lbs:
Smith Machine Squats		Set 1	Set 2	Set 3
		Reps: 15 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:
Leg Curls		Set 1	Set 2	Set 3
		Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Leg Extensions		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Dumbbell Curls		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Hammer Curls		Set 1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Cable Curls		Set1	Set 2	Set 3
		Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:
Cool Down: Run/Walk/Crawl 1 Mile				



# Week 6

# SOULCON

## WARRIOR ELITE



Date: \_\_/\_\_/\_\_

Weight: \_\_\_\_\_

Sunday

Workout					
5 min Cardio Warm-up					
Pull-ups			Set 1	Set 2	Set 3
			Reps: Lbs:	Reps: Lbs:	Reps: Lbs:
Lat Pull-downs	Set 1	Set 2	Set 3	Set 4	Set 5
	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 5 Lbs:	Reps: 5 Lbs:
Dumbbell Row		Set 1	Set 2	Set 3	Set 4
Left Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Right Arm		Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:	Reps: 6 Lbs:
Rev. Grip Lat Pull-downs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:
Straight Arm Lat Pull-downs			Set 1	Set 2	Set 3
			Reps: 12 Lbs:	Reps: 12 Lbs:	Reps: 12 Lbs:
Dumbbell Shrugs		Set 1	Set 2	Set 3	Set 4
		Reps: 12 Lbs:	Reps: 10 Lbs:	Reps: 8 Lbs:	Reps: 6 Lbs:
Pull-ups				Set 1	Set 2
Until Failure				Reps: Lbs:	Reps: Lbs:
15 minutes of interval training				1 min 100% and 1 min 50%	

# GRADUATION DAY, WELL DONE BROTHERS