

APRIL 2024



LOCKER ROOM

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NOTE FROM COACH AMBER

These workouts contain a little insight on some of the moves I have been incorporating in my own training this month! I hope you enjoy this power-packed month of workouts!

Your video demos are programmed into each workout at the bottom of the page. Click that link and you will be redirected when viewing in the PDF format. Be sure to check these videos for proper form and modifications.

Cheers!

Coach A.

**COACH AMBER, I @AMBERDODZWEIT
PERSEVERANCE MUST FINISH IT'S WORK.**





LOCKER ROOM

MEMBERS-ONLY CONTENT FOR WOMEN WHO WORKOUT.

**“Push harder than yesterday if you
want a different tomorrow.”**

– Vincent Williams Sr.



LOCKER ROOM

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Below you will find this month's LOCKER ROOM schedule!
If you need to modify this, feel free to move your rest days around but keep your routines in the same order to prevent over-training.

Please thoroughly warm-up and mobilize before all training routines if they don't start with cardio. **All video demos for each workout are linked at the bottom of each page**, modifications for exercises will be filmed and placed after each move where applicable. If you have any questions on modifications please don't hesitate to email Coach@Builtforher.com

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	FULL-BODY SUPERSETS 1	CARDIO TABATA 2	REST 3	UPPER-BODY & CORE 4	LOWERBODY STRENGTH 5	FULL-BODY AMRAP 6
REST 7	CARDIO TABATA 8	UPPER-BODY & CORE 9	REST 10	LOWERBODY STRENGTH 11	FULL-BODY SUPERSETS 12	FULL-BODY AMRAP 13
REST 14	UPPER-BODY & CORE 15	LOWERBODY STRENGTH 16	REST 17	CARDIO TABATA 18	FULL-BODY SUPERSETS 19	REST 20
FULL-BODY AMRAP 21	LOWERBODY STRENGTH 22	REST 23	UPPER-BODY & CORE 24	FULL-BODY SUPERSETS 25	REST 26	CARDIO TABATA 27
REST 28	FULL-BODY AMRAP 29	CHALLENGE 30				



LOCKER ROOM

FULL-BODY SUPERSETS

WORKOUT- Perform the exercises as supersets, :15 seconds between exercises, :30 seconds between supersets.

ROUND 1 :40 SECONDS PER EXERCISE

ROUND 2 :35 SECONDS PER EXERCISE

ROUND 3: 30 SECONDS PER EXERCISE

ELEVATED DB DEADLIFT

DB INCLINE PRESS

SINGLE DB CHEST PRESS W BRIDGE R

SINGLE DB CHEST PRESS W BRIDGE L

ALT REVERSE LUNGE W CURL

RENEGADE ROW W PUSH-UP

KNEELING ALT SHOULDER PRESS

SISSY SQUATS

OVERHEAD SIT UP

SIT UP W TWIST

[CLICK HERE](#)



Click here for video demos of all exercises!



LOCKER ROOM

CARDIO TABATA

WORKOUT: Perform the exercises as a circuit, resting only as needed between exercises. 1-2 minutes rest between circuits.

:20 SECONDS JUMPING LUNGES W KNEE DRIVE

:10 SECONDS REST

:20 OVERHEAD SIDE TO SIDE STEP UPS

:10 SECONDS REST

:20 TOE TAPS

:10 SECONDS REST

:20 SECONDS ALT SHOULDER, KNEE, FOOT TAPS

:10 SECONDS REST

:20 SECONDS PASS THROUGH

:40 SECONDS REST

x6

[CLICK HERE](#)



Click here for video demos of all exercises!



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UPPER-BODY & CORE CIRCUIT

WORKOUT: Perform each exercise with :15 seconds rest between.

Rest :30 seconds between rounds

ALT DB GORILLA ROW
IN AND OUT BEAR STANCE
DB CROSS OVER R+L
DB V-UPS
DB SIT UP CURL
DB NEUTRAL FLOOR PRESS W REVERSE CRUNCH

ROUND 1: :40 SECONDS PER EXERCISE

ROUND 2: :30 SECONDS PER EXERCISE

ROUND 3: 20 SECONDS PER EXERCISE

CLICK HERE



Click here for video demos of all exercises!



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LOWER BODY STRENGTH

WORKOUT: Perform each exercise in a row, resting as needed. 1-2 minutes between rounds.

10 BANDED GOBLET SQUAT WITH KICKBACK
:30 SECOND BANDED DB WALL SIT w. ABDUCTION
5 EACH REVERSE LUNGE INTO DEADLIFT R+L
10 GOOD MORNING
10 EACH DB CROSS OVER STEP UPS
X5

[CLICK HERE](#)



Click here for video demos of all exercises!



LOCKER ROOM

FULL-BODY AMRAP & INTERVALS

WORKOUT: Perform the exercises as a circuit for resting only as needed, Perform as many rounds as possible in 20 minutes. Then complete the intervals.

10 UPRIGHT ROW WITH CALF RAISE
10 ALT DB SNATCH
10 DB ROW TO DEADLIFT TO SQUAT PRESS
10 ALT LUNGE KICKBACKS

AMRAP: 20 MINUTES

INTERVALS:
:30 seconds
:15 seconds rest
x4

REST 2 MINUTES

:20 seconds
:15 seconds rest
x5

[CLICK HERE](#)



Click here for video demos of all exercises!