

An aerial photograph of several surfers in turquoise water. The surfers are scattered across the frame, with one prominent surfer at the top center and others at the bottom left, bottom center, and bottom right. The water is a vibrant teal color with white foam from the surfers' movements.

# Good Day Fitness

—  
Concept Deck | v1

01.02.23

**sean  
maclean**  
CREATIVE CO.

@sean\_maclean | sean@sean-maclean.com

# The Logo

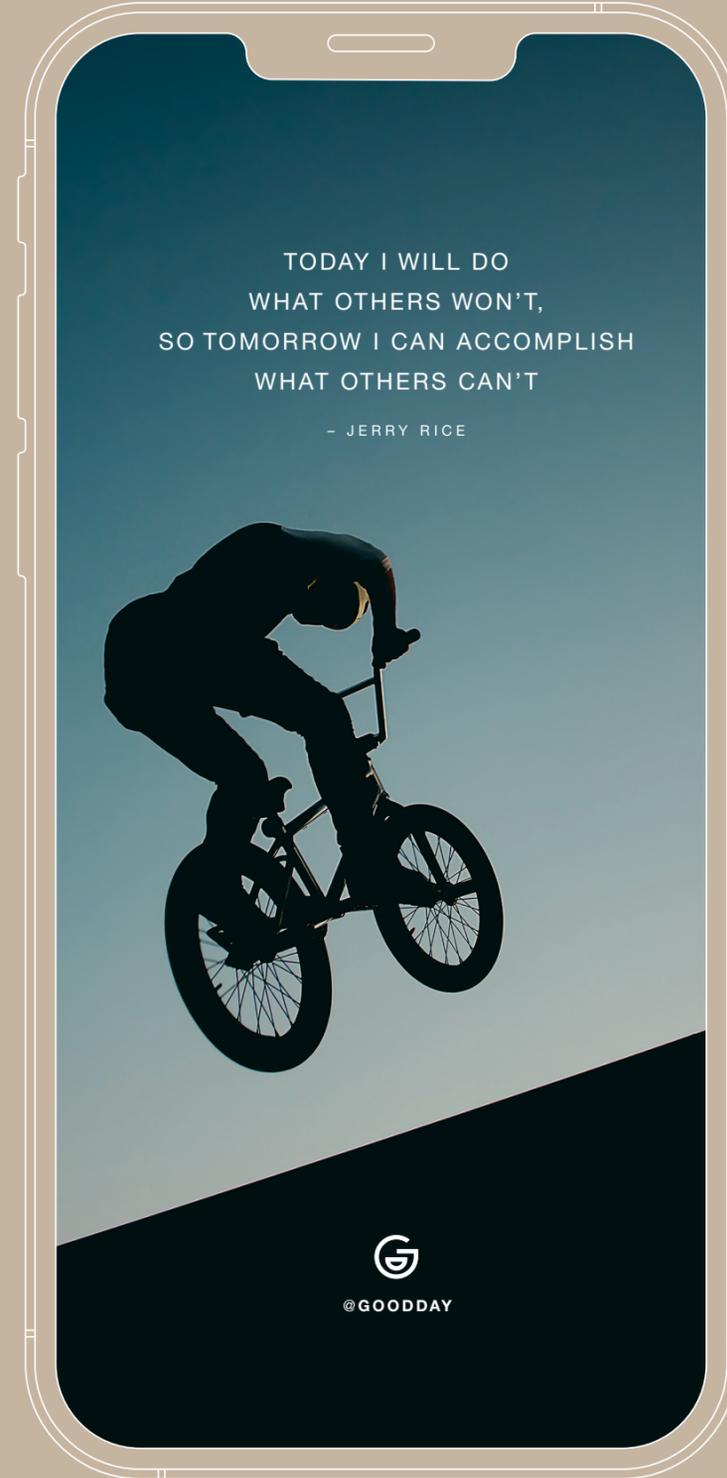
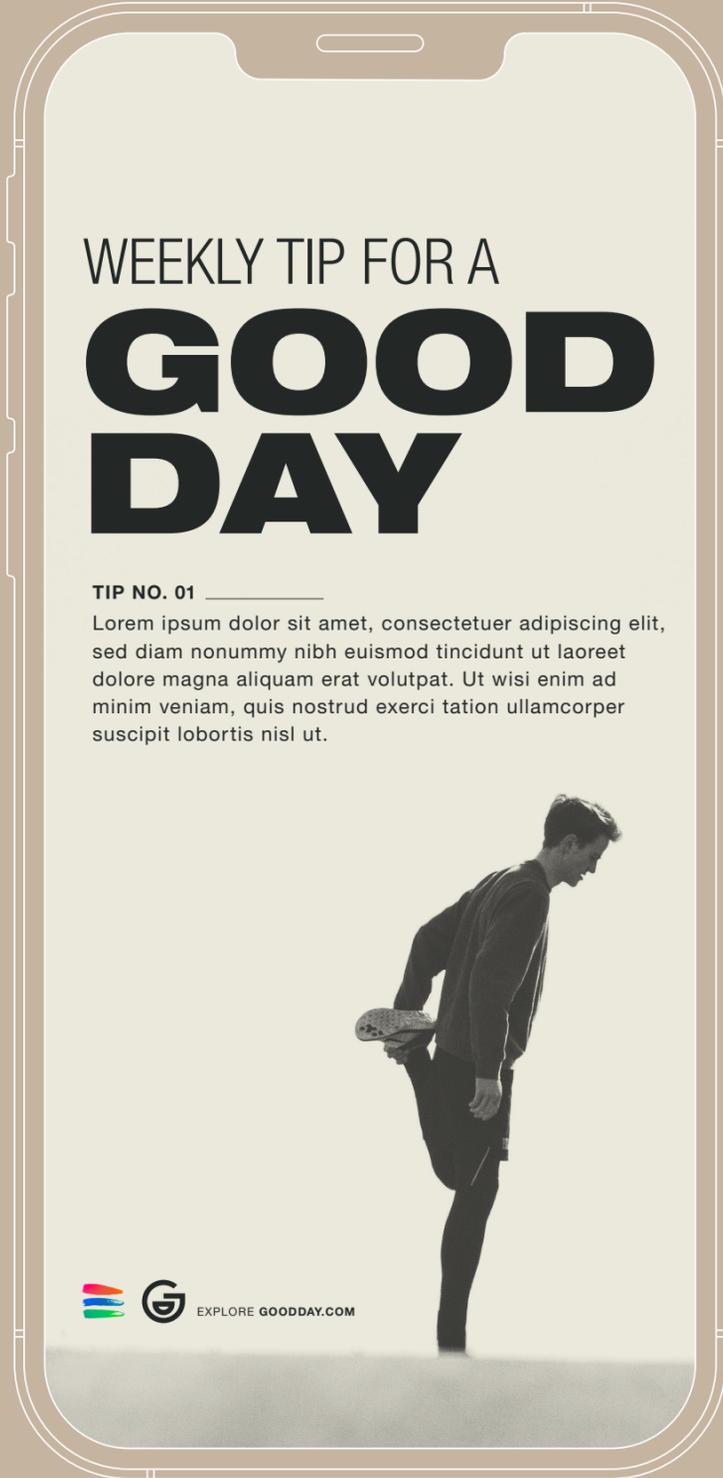
V1A

**G GOOD  
DAY**



# The Extras

V1A



# The WODs

V1A

AREA OF INTEREST  
Chest | W1  
EXPLORE [GOODDAY.COM](http://GOODDAY.COM) FOR TUTORIALS AND MORE!



TIME TO COMPLETE  
APRX.  
45

## GOOD MONDAY



REPS 20 / 20 / 20 / 12 REST 30 SEC  
WEIGHT MAX LIMIT TEMPO FAST UP + DOWN

- + CABLE CHEST FLY
- + MACHINE CHEST
- + FLAT BENCH
- + BENCH DB FLY
- + DECLINE BENCH
- + INCLINE DB SQUEEZE
- + INCLINE BENCH

WARM UP CALVES + 3 SETS OF 7 POWER CLEANS  
BURNOUT 100 RUSSIAN TWISTS + 100 HSPU

AREA OF INTEREST  
Back | W1  
EXPLORE [GOODDAY.COM](http://GOODDAY.COM) FOR TUTORIALS AND MORE!



TIME TO COMPLETE  
APRX.  
45

## GOOD TUESDAY



REPS 20 / 20 / 20 / 12 REST 30 SEC  
WEIGHT MAX LIMIT TEMPO FAST UP + DOWN

- + BENT OVER ROWS
- + LAT PULL DOWN
- + WEIGHTED PULL-UPS
- + CABLE BACK FLYS
- + KB SWINGS
- + BACK EXTENSIONS
- + CABLE ROWS

WARM UP CALVES + 3 SETS OF 7 THRUSTERS  
BURNOUT 25 PULL-UPS + 25 CHIN-UPS

AREA OF INTEREST  
Core | W1  
EXPLORE [GOODDAY.COM](http://GOODDAY.COM) FOR TUTORIALS AND MORE!



TIME TO COMPLETE  
APRX.  
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## GOOD WEDNESDAY



REPS 20 / 20 / 20 / 12 REST 30 SEC  
WEIGHT MAX LIMIT TEMPO FAST UP + DOWN

- + CABLE CRUNCH
- + SIDE EXTENSIONS
- + KNEES TO ELBOW
- + DECLINE RUSSIAN TWIST
- + RUSSIAN TWISTS
- + STRAIGHT ARM PLLDNS
- + WEIGHTED DECLINE CRUNCH

WARM UP CALVES + 3 SETS OF 7 OVERHEAD SQUATS  
BURNOUT 50 DIPS + 50 HANDSTAND PUSH-UPS

AREA OF INTEREST  
Arms | W1  
EXPLORE [GOODDAY.COM](http://GOODDAY.COM) FOR TUTORIALS AND MORE!



TIME TO COMPLETE  
APRX.  
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## GOOD THURSDAY



REPS 20 / 20 / 20 / 12 REST 30 SEC  
WEIGHT MAX LIMIT TEMPO FAST UP + DOWN

- + POWER CLEAN
- + CABLE TRICEPS EXT.
- + BB CURL WIDE GRIP
- + CABLE CURL
- + FOREARM WRIST CURL
- + WEIGHTED DIPS
- + BB CURL CLOSE GRIP

WARM UP CALVES + 3 SETS OF SUMO DEADLIFTS + HIGH PULL  
BURNOUT 25 CHIN UPS + 25 HSPU

AREA OF INTEREST  
Legs | W1  
EXPLORE [GOODDAY.COM](http://GOODDAY.COM) FOR TUTORIALS AND MORE!



TIME TO COMPLETE  
APRX.  
45

## GOOD FRIDAY



REPS 20 / 20 / 20 / 12 REST 30 SEC  
WEIGHT MAX LIMIT TEMPO FAST UP + DOWN

- + THRUSTERS
- + BACK SQUAT WIDE
- + DEADLIFT
- + BACK SQUAT NARROW
- + FRONT SQUAT
- + GLUTE BRIDGE
- + CALF PRESS

WARM UP CALVES + 3 SETS OF OH DB WALKING LUNGES  
COOL DOWN ROLL OUT YOUR LEGS + DRINK LOTS OF H2O!

AREA OF INTEREST  
Shoulders | W1  
EXPLORE [GOODDAY.COM](http://GOODDAY.COM) FOR TUTORIALS AND MORE!



TIME TO COMPLETE  
APRX.  
45

## GOOD SATURDAY



REPS 20 / 20 / 20 / 12 REST 30 SEC  
WEIGHT MAX LIMIT TEMPO FAST UP + DOWN

- + CLEAN TO PRESS
- + SEATED DELT RAISE
- + SUMO DEADLIFT HIGH PULL
- + REVERSE FLYS
- + SHOULDER PRESS
- + ALT DB RAISES
- + DB SHRUG

WARM UP CALVES + FARMERS WALKS  
BURNOUT 50 PULL UPS + 50 DIPS

AREA OF INTEREST  
Chest | W1  | 

**GOOD MONDAY** 45<sub>MIN</sub>



<b>CABLE CHEST FLY</b>	<b>MACHINE CHEST</b>
<b>FLAT BENCH</b>	<b>BENCH DB FLY</b>
<b>DECLINE BENCH</b>	<b>INCLINE DB SQUEEZE</b>
<b>INCLINE BENCH</b>	

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<b>REPS</b> 20 / 20 / 20 / 12	<b>REST</b> 30 SEC BETWEEN
<b>WEIGHT</b> MAX LIMIT	<b>TEMPO</b> FAST UP + DOWN

FOR WARM UPS AND COOL DOWNS, SCALED MOVEMENTS, AND TUTORIALS  
EXPLORE [GOODDAY.COM](https://www.goodday.com)

Thank You!

**sean  
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@sean\_maclean | sean@sean-maclean.com