

Strength, Performance & Body Composition Transformation

Phase 8 - Workout A



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	Alternating Barbell Reverse Lunge							Split Squat
Week 1		2	10/5/10	Control				same rep/set scheme
Week 2		3	10/5/10	Control				same rep/set scheme
Week 3		3	15/5/10	Control				same rep/set scheme
Week 4		3	15/5/10	Control				same rep/set scheme
A2	1-Leg Counterbalance Squat to Bench							Single Leg Squat Progressions
Week 1		2	8/side	Control	60s			same rep/set scheme
Week 2		3	8/side	Control	60s			same rep/set scheme
Week 3		3	10/side	Control	60s			same rep/set scheme
Week 4		3	12/side	Control	60s			same rep/set scheme
B1	DB RDL To Bent Over Row							DB Bent Over Row
Week 1		2	10/5/10	Control				same rep/set scheme
Week 2		3	10/5/10	Control				same rep/set scheme
Week 3		3	15/5/10	Control				same rep/set scheme
Week 4		3	15/5/10	Control				same rep/set scheme
B2	Physioball Hamstring Curl							Floor Slider Eccentrics
Week 1	2 up 1 down if able	2	8/side	Control	60s			same rep/set scheme
Week 2	2 up 1 down if able	3	8/side	Control	60s			same rep/set scheme
Week 3	2 up 1 down if able	3	10/side	Control	60s			same rep/set scheme
Week 4	2 up 1 down if able	3	12/side	Control	60s			same rep/set scheme
C1	Heel Elevated Goblet Squat							TRX Squat
Week 1		2	10/5/10	2-2-2				same rep/set scheme
Week 2		3	10/5/10	2-2-2				same rep/set scheme
Week 3		3	15/5/10	2-2-2				same rep/set scheme
Week 4		3	15/5/10	2-2-2				same rep/set scheme
C2	Standing Knee Bent Heel Raise							Seated Heel Raise
Week 1		2	20	2-2-2	60s			same rep/set scheme
Week 2		3	25	2-2-2	60s			same rep/set scheme
Week 3		3	30	2-2-2	60s			same rep/set scheme
Week 4		3	30	2-2-2	60s			same rep/set scheme

Strength, Performance & Body Composition Transformation

Phase 8 - Workout A Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
D1	Quadruped Bear Hold Shoulder Taps							Quadruped Bear Hold
Week 1		2	20s	Control				same rep/set scheme
Week 2		3	25s	Control				same rep/set scheme
Week 3		3	30s	Control				same rep/set scheme
Week 4		3	40s	Control				same rep/set scheme
D2	90/90 Hip Switch Into Pigeon							90/90 Hip Switch
Week 1		2	8/side	Control	60s			same rep/set scheme
Week 2		3	8/side	Control	60s			same rep/set scheme
Week 3		3	10/side	Control	60s			same rep/set scheme
Week 4		3	12/side	Control	60s			same rep/set scheme
E	<u>Energy System Work</u> <ul style="list-style-type: none"> Jog in place for 60 seconds Battle rope for 15 seconds Continuous until out of time Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			<u>Finisher</u> DB complex: 10 reps each <ul style="list-style-type: none"> Step up Squat Thruster Front Squat <p style="text-align: center;">AMRAP (as many rounds as possible) with remaining time</p>				Weeks: 1. _____ 2. _____ 3. _____ 4. _____

Strength, Performance & Body Composition Transformation

Phase 8 - Workout B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	Renegade Row							3-point Row
Week 1		2	15/10/5	Control				same rep/set scheme
Week 2		3	15/10/5	Control				same rep/set scheme
Week 3		3	15/15/10	Control				same rep/set scheme
Week 4		3	15/15/10	Control				same rep/set scheme
A2	DB Drag Curl							Hammer Curl
Week 1		2	15/10/5	2-2-2	60s			same rep/set scheme
Week 2		3	15/10/5	2-2-2	60s			same rep/set scheme
Week 3		3	15/15/10	2-2-2	60s			same rep/set scheme
Week 4		3	15/15/10	2-2-2	60s			same rep/set scheme
B1	Low Incline DB Bench							DB Bench
Week 1		2	15/10/5	2-2-2				same rep/set scheme
Week 2		3	15/10/5	2-2-2				same rep/set scheme
Week 3		3	15/15/10	2-2-2				same rep/set scheme
Week 4		3	15/15/10	2-2-2				same rep/set scheme
B2	Close Grip Push-Up							Push-Up
Week 1	Go to knees if needed	2	AMRAPx2	Control	20s/60s		20s between drop sets, 60s between transition back to B1	same rep/set scheme
Week 2	Go to knees if needed	3	AMRAPx2	Control	20s/60s			same rep/set scheme
Week 3	Go to knees if needed	3	AMRAPx2	Control	20s/60s			same rep/set scheme
Week 4	Go to knees if needed	3	AMRAPx2	Control	20s/60s			same rep/set scheme
C1	1-Arm Cable Fly							1-Arm Resistance Band Fly
Week 1		2	15/10/5	Control				same rep/set scheme
Week 2		3	15/10/5	Control				same rep/set scheme
Week 3		3	15/15/10	Control				same rep/set scheme
Week 4		3	15/15/10	Control				same rep/set scheme
C2	Plank Tricep Extension							Elbows to Hands Plank March
Week 1	Focus on lowering	2	AMRAPx2	1-1-3	20s/60s		20s between drop sets, 60s between transition back to C1	same rep/set scheme
Week 2	Focus on lowering	3	AMRAPx2	1-1-3	20s/60s			same rep/set scheme
Week 3	Focus on lowering	3	AMRAPx2	1-1-3	20s/60s			same rep/set scheme
Week 4	Focus on lowering	3	AMRAPx2	1-1-3	20s/60s			same rep/set scheme

Strength, Performance & Body Composition Transformation

Phase 8 - Workout B Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
D1	Barbell Bent Over Row							DB or Resistance Band Row
Week 1		2	15/10/5	Control				same rep/set scheme
Week 2		3	15/10/5	Control				same rep/set scheme
Week 3		3	15/15/10	Control				same rep/set scheme
Week 4		3	15/15/10	Control				same rep/set scheme
D2	Shoulder Resistance Band Circuit: Pull Apart, Lateral Raise, Scarecrow							Resistance Band Lateral Raise
Week 1		2	10/10/10	Control	60s			same rep/set scheme
Week 2		3	12/12/12	Control	60s			same rep/set scheme
Week 3		3	12/12/12	Control	60s			same rep/set scheme
Week 4		3	14/14/14	Control	60s			same rep/set scheme
E	<u>Energy System Work</u> <ul style="list-style-type: none"> • Jump rope 60 seconds • Box jumps for 15 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			<u>Finisher</u> <p>10 Reps Each</p> <ul style="list-style-type: none"> • Squat jump • DB bench press or floor press • DB Bent Over Row <p>AMRAP (as many rounds as possible) with remaining time</p>				Weeks: 1. _____ 2. _____ 3. _____ 4. _____

Strength, Performance & Body Composition Transformation

Phase 8 - Workout C



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	Hex Bar Deadlift							KB/DB Deadlift
Week 1		2	15/AMRAPx2	Control	20s		Pick weight for first number, 20s rest, then do AMRAP, 20s rest, then AMRAP again	same rep/set scheme
Week 2		3	12/AMRAPx2	Control	20s			same rep/set scheme
Week 3		3	8/AMRAPx2	Control	20s			same rep/set scheme
Week 4		3	8/AMRAPx2	Control	20s			same rep/set scheme
A2	Prone O Off Floor							Prone Shoulder 90/90 Lift Off
Week 1		2	6	Slow	60s			same rep/set scheme
Week 2		3	8	Slow	60s			same rep/set scheme
Week 3		3	10	Slow	60s			same rep/set scheme
Week 4		3	10	Slow	60s			same rep/set scheme
B1	Barbell Bench							DB Bench
Week 1		2	15/AMRAPx2	2-2-2			Pick weight for first number, 20s rest, then do AMRAP, 20s rest, then AMRAP again	same rep/set scheme
Week 2		3	12/AMRAPx2	2-2-2				same rep/set scheme
Week 3		3	8/AMRAPx2	2-2-2				same rep/set scheme
Week 4		3	8/AMRAPx2	2-2-2				same rep/set scheme
B2	Half-Kneeling Cable Facepull							Supine Shoulder 90/90 Isometrics
Week 1		2	10/10/10	Control	60s			2x6 reps
Week 2		3	10/10/10	Control	60s			3x8 reps
Week 3		3	12/12/12	Control	60s			3x10 reps
Week 4		3	12/12/12	Control	60s			3x10 reps
C1	Hack Squat On Wall							Wall Sit Isometric
Week 1		2	15/10/5	Control				Hold 15s then 10 squats
Week 2		3	15/10/5	Control				Hold 20s then 15 squats
Week 3		3	20/5/10	Control				Hold 25s then 15 squats
Week 4		3	20/5/10	Control				Hold 30s then 15 squats
C2	Prone Plank Pull Through							Prone Plank
Week 1		2	8/side	Control	60s			same rep/set scheme
Week 2		3	8/side	Control	60s			same rep/set scheme
Week 3		3	10/side	Control	60s			same rep/set scheme
Week 4		3	12/side	Control	60s			same rep/set scheme

Strength, Performance & Body Composition Transformation

Phase 8 - Workout C Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
D1	Skater Squat							Split Squat	
Week 1		2	8/side	Control				same rep/set scheme	
Week 2		3	8/side	Control				same rep/set scheme	
Week 3		3	10/side	Control				same rep/set scheme	
Week 4		3	12/side	Control				same rep/set scheme	
D2	Side Plank With Bottom Leg March							Side Plank With Top Leg March	
Week 1		2	20s	Control	60s			same rep/set scheme	
Week 2		3	25s	Control	60s			same rep/set scheme	
Week 3		3	30s	Control	60s			same rep/set scheme	
Week 4		3	40s	Control	60s			same rep/set scheme	
E	<u>Energy System Work</u> <ul style="list-style-type: none"> • Cycle jumps for 60 seconds • Burpees for 15 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			15-10-5-10-15 <ul style="list-style-type: none"> • DB shoulder press • Forward lunge • TRX row • DB lateral raise • Chest supported DB row 			<u>Finisher</u>		Weeks: 1. _____ 2. _____ 3. _____ 4. _____
Complete as fast as possible and record time each week.									