

Strength, Performance & Body Composition Transformation

Phase 7 - Workout A



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	Front Squat						Pressure under big toe/heel, slight forward lean, breath in, bend knees/hips follow	Goblet Squat
Week 1		3	15	1-2-1	0s			same rep/set scheme
Week 2		3	15	1-2-1	0s			same rep/set scheme
Week 3		3	12	1-2-1	0s			same rep/set scheme
Week 4		3	12	1-2-1	0s			same rep/set scheme
A2	Slide Board Hamstring Curls						Keep foot flat on slider, core/glutes tight to prevent arching low back	Hamstring Bridge or Eccentric Slide Board
Week 1		3	15	3-1-1	60s			same rep/set scheme
Week 2		3	15	3-1-1	60s			same rep/set scheme
Week 3		3	12	3-1-1	60s			same rep/set scheme
Week 4		3	12	3-1-1	60s			same rep/set scheme
B1	Kettle Bell Swing						Squeeze upper arms into sides, double chin, slight knee bend, move through hips not low back	Resistance Band Pull Through
Week 1		3	15		0s			same rep/set scheme
Week 2		3	15		0s			same rep/set scheme
Week 3		3	12		0s			same rep/set scheme
Week 4		3	12		0s			same rep/set scheme
B2	3-Way TRX Row						Keep elbows away from sides, straight line from head to tailbone, move shoulder blades around ribs. Feet get closer to wall weeks 3/4	Half-Kneeling Resistance Band Row
Week 1	5 each grip	3	15	Control	60s			same rep/set scheme
Week 2	5 each grip	3	15	Control	60s			same rep/set scheme
Week 3	4 each grip	3	12	1-3-3	60s			same rep/set scheme
Week 4	4 each grip	3	12	1-3-3	60s			same rep/set scheme
C1	Anterior Load Lateral Step Up						Don't push off bottom leg. Torso vertical.	Step Up
Week 1		3	8/side	Control	0s			same rep/set scheme
Week 2		3	8/side	Control	0s			same rep/set scheme
Week 3		3	10/side	Control	0s			same rep/set scheme
Week 4		3	10/side	Control	0s			same rep/set scheme
C2	Box Jump						Low box height, move as fast as possible.	Squat Jump, Countermovement Jump, or Drop Squat
Week 1		3	6		60s			same rep/set scheme
Week 2		3	6		60s			same rep/set scheme
Week 3		3	8		60s			same rep/set scheme
Week 4		3	8		60s			same rep/set scheme

Strength, Performance & Body Composition Transformation

Phase 7 - Workout A Continued



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
D1	1-Arm DB Farmer Carry						Normal walking speed. Tall posture, shoulders level with floor. Don't cross feet over.	DB Farmer Carry
Week 1		3	2 laps/side	Control	0s		Increase weight each week if technique allows.	same rep/set scheme
Week 2		3	2 laps/side	Control	0s			same rep/set scheme
Week 3		3	2 laps/side	Control	0s			same rep/set scheme
Week 4		3	2 laps/side	Control	0s			same rep/set scheme
D2	Straight Arm Plank Walk Outs						Brace with glutes/core, low back in neutral, double chin. Keep torso parallel to floor.	Quadruped Bear Hold
Week 1		3	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	30s	Control	60s			same rep/set scheme
E	<u>Energy System Work</u> <ul style="list-style-type: none"> Jog in place for 60 seconds 30 seconds of continuous squat jumps 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"> Bent Over Row Bicep Curl Shoulder Press Renegade Row Hand Release Push-Ups <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 7 - Workout B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	1-Arm DB Bench						Squeeze shoulder blades toward middle of spine, then toward back pockets. Drive legs through floor.	DB Bench
Week 1		3	8/side	Control	0s			same rep/set scheme
Week 2		3	8/side	Control	0s			same rep/set scheme
Week 3		3	6/side	Control	0s			same rep/set scheme
Week 4		3	6/side	Control	0s			same rep/set scheme
A2	Birdog Row						Double chin, straight line from head to heel. Low back in neutral	3-Point Row
Week 1		3	8/side	1-3-1	60s			same rep/set scheme
Week 2		3	8/side	1-3-1	60s			same rep/set scheme
Week 3		3	6/side	1-3-1	60s			same rep/set scheme
Week 4		3	6/side	1-3-1	60s			same rep/set scheme
B1	Straight Arm Pull Down						“Tuck tailbone under”, low back in neutral, arms stay straight	Lat Pull Down
Week 1		3	20	Control	0s			same rep/set scheme
Week 2		3	20	Control	0s			same rep/set scheme
Week 3		3	15	Control	0s			same rep/set scheme
Week 4		3	15	Control	0s			same rep/set scheme
B2	Resistance Band Bicep Curl						Bicep Variation of your choice.	Bent Over Resistance Band Row
Week 1		3	15	Control	60s			same rep/set scheme
Week 2		3	AMRAP	Control	60s			same rep/set scheme
Week 3		3	AMRAP	Control	60s			same rep/set scheme
Week 4		3	AMRAP	Control	60s			same rep/set scheme
C1	DB Scarecrow						Elbows frozen at 90, upper arm parallel to floor. Don't arch low back when hands rotate back.	DB Lateral Raise
Week 1		3	15	Control	0s			same rep/set scheme
Week 2		3	15	Control	0s			same rep/set scheme
Week 3		3	12	Control	0s			same rep/set scheme
Week 4		3	12	Control	0s			same rep/set scheme
C2	Close Grip Hand Release Push-Up						Hands under shoulders, core tight, glutes engaged, squeeze shoulder blades together	Kneeling Push-Up
Week 1		3	AMRAP	Control	60s			same rep/set scheme
Week 2		3	AMRAP	Control	60s			same rep/set scheme
Week 3		3	AMRAP	Control	60s			same rep/set scheme
Week 4		3	AMRAP	Control	60s			same rep/set scheme

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Phase 7 - Workout B Continued



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
D1	Isometric Split Squat						Float knee 2-3" off floor. Torso vertical. Equal weight between front/rear leg.	Split Squat
Week 1		3	20s/side	Control	0s		Add weight if technique allows. Use same weight in weeks 3/4.	3x10/side
Week 2		3	25s/side	Control	0s			3x10/side
Week 3		3	30s/side	Control	0s			3x15/side
Week 4		3	ALAP	Control	0s			3x15/side
D2	Half-Kneeling Overhead Offset Get-Up						Keep core tight to prevent arching low back. Double chin, pull leg straight through.	Half-Kneeling Offset Get-Up
Week 1		3	4/side	Control	60s		Same weight in weeks 3/4	same rep/set scheme
Week 2		3	5/side	Control	60s			same rep/set scheme
Week 3		3	6/side	Control	60s			same rep/set scheme
Week 4		3	6/side	Control	60s			same rep/set scheme
E	<u>Energy System Work</u>			<u>Finisher</u>				Weeks:
	<ul style="list-style-type: none"> • Jump rope 60 seconds • 30 seconds of cycle jumps • 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"> • Mountain Climber • Sit-Out • Hands Back Leg Lifts • Forward Lunge • Cycle Jump <p>Complete as fast as possible and record time each week.</p>				1. _____ 2. _____ 3. _____ 4. _____

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Phase 7 - Workout C



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	Reverse Lunge To Landmine Press						Neutral spine, reach and lean with press.	Landmine Reverse Lunge
Week 1		3	6/side	Control	0s			same rep/set scheme
Week 2		3	6/side	Control	0s			same rep/set scheme
Week 3		3	8/side	Control	0s			same rep/set scheme
Week 4		3	8/side	Control	0s			same rep/set scheme
A2	Med Ball Slam						Go as fast as possible	Drop squat or Med Ball Horizontal Jack
Week 1		3	10s	Fast	60s			same rep/set scheme
Week 2		3	12s	Fast	60s			same rep/set scheme
Week 3		3	15s	Fast	60s			same rep/set scheme
Week 4		3	15s	Fast	60s			same rep/set scheme
B1	Cossack Squat						Pivot onto heel, keep leg straight, torso vertical	Lateral Lunge Step Through
Week 1		3	6/side	Control	0s			same rep/set scheme
Week 2		3	6/side	Control	0s			same rep/set scheme
Week 3		3	8/side	Control	0s			same rep/set scheme
Week 4		3	8/side	Control	0s			same rep/set scheme
B2	DB Floor Press						Elbows 45 degrees from side, shoulder blades into ground, push body away from weights.	Hand Release Push-Up
Week 1		3	6/side	1-2-4	60s			3x6
Week 2		3	6/side	1-2-4	60s			3x8
Week 3		3	8/side	1-2-4	60s			3x10
Week 4		3	8/side	1-2-4	60s			3x12
C1	Standing Low Cable Row						Keep elbows off ribs, neutral spine.	Seated Cable Row
Week 1		3	12	Control	0s			same rep/set scheme
Week 2		3	12	Control	0s			same rep/set scheme
Week 3		3	15	Control	0s			same rep/set scheme
Week 4		3	15	Control	0s			same rep/set scheme
C2	Resistance Band Deadbug Into Reverse Crunch						Heels to butt, slowly bring knees to chest, minimize momentum.	Deadbug
Week 1		3	6/side	Control	60s			same rep/set scheme
Week 2		3	6/side	Control	60s			same rep/set scheme
Week 3		3	8/side	Control	60s			same rep/set scheme
Week 4		3	8/side	Control	60s			same rep/set scheme

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Phase 7 - Workout C Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
D1	Single Leg Bridge Off Bench						Hold hands behind knee, chest in front pockets, drive through heel, neutral spine	Single Leg Bridge From Floor	
Week 1		3	8/side	1-4-2	0s			same rep/set scheme	
Week 2		3	10/side	1-4-2	0s			same rep/set scheme	
Week 3		3	12/side	1-4-2	0s			same rep/set scheme	
Week 4		3	15/side	1-4-2	0s			same rep/set scheme	
D2	Side Plank With Top Leg March						Neutral spine, start on knees/elbow progress to foot/hand as able	Side Plank	
Week 1		3	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	30s	Control	60s			same rep/set scheme	
E	<u>Energy System Work</u> <ul style="list-style-type: none"> • Cycle jumps for 60 seconds • Mountain climbers for 30 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 		10,9,8,7.....1 <ul style="list-style-type: none"> • Continuous Squat Jump • TRX Row • Iron Cross • Windmill • Step Up • Bent Over O 				<u>Finisher</u>		Weeks: 1. _____ 2. _____ 3. _____ 4. _____
Record how many rounds completed									