

# Strength, Performance & Body Composition Transformation

## Phase 9 - Workout A



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
<b>A1</b>	<b>Back Squat</b>	Use 1-2 ramp sets as needed to select weight. Goal 8-20 reps.						Use heel lift if needed. Drive big toe into ground, squeeze shoulder blades together, pull bar into back, bend knees first hips follow. Weeks 1 & 4 perform <u>REP MAX</u> for <u>FIRST</u> set.	<b>Front Squat or Goblet Squat</b>
Week 1	Rep max: Wt ___ x Reps ___	3	3 RIR	Control	0s		same rep/set scheme		
Week 2		3	2 RIR	Control	0s		same rep/set scheme		
Week 3		3	1 RIR	Control	0s		same rep/set scheme		
Week 4	Rep max: Wt ___ x Reps ___	3	0 RIR	Control	0s		same rep/set scheme		
<b>A2</b>	<b>Prone DB Hamstring Curl</b>	Goal 8-20 reps.						Keep glutes/abs engaged. Push chest into floor to prevent low back arching. Point toes, pull heels toward glutes.	<b>Standing Hamstring Curl</b>
Week 1		3	3 RIR	Control	60-90s		same rep/set scheme per side		
Week 2		3	2 RIR	Control	60-90s		same rep/set scheme per side		
Week 3		3	1 RIR	Control	60-90s		same rep/set scheme per side		
Week 4		3	0 RIR	Control	60-90s		same rep/set scheme per side		
<b>B1</b>	<b>Goblet Lateral Lunge With Adductor Slide</b>	Use 1-2 ramp sets as needed to select weight.						Keep back leg straight, pull/push foot into slider, keep both feet flat.	<b>Goblet Lateral Lunge Step Through Alternating</b>
Week 1		3	8/side	Control	0s		same rep/set scheme		
Week 2		3	10/side	Control	0s		same rep/set scheme		
Week 3		3	8/side	Control	0s		same rep/set scheme		
Week 4		3	10/side	Control	0s		same rep/set scheme		
<b>B2</b>	<b>Foam Roller Bodsaw</b>							Progressions: Knees, Plank, Single leg. Start with elbows under shoulders, foam roller at wrists, roll foam roller while pushing forearms toward floor. Keep low back neutral.	<b>Quadruped Walk Out</b>
Week 1		3	5-10	Slow	60s		same rep/set scheme		
Week 2		3	5-10	Slow	60s		same rep/set scheme		
Week 3		3	6-12	Slow	60s		same rep/set scheme		
Week 4		3	8-15	Slow	60s		same rep/set scheme		
<b>C1</b>	<b>Goblet Front Foot Elevated Split Squat</b>	Use 1-2 ramp sets as needed to select weight. Goal 8-20 reps.						Keep torso vertical, foot flat, drive knee forward while keeping low back in neutral.	<b>Split Squat Isometric</b>
Week 1		3	3 RIR	Control	0s		3 x 20 seconds per side		
Week 2		3	2 RIR	Control	0s		3 x 30 seconds per side		
Week 3		3	1 RIR	Control	0s		3 x 45 seconds per side		
Week 4		3	0 RIR	Control	0s		3 x 60 seconds per side		
<b>C2</b>	<b>Foot Elevated Single Leg Bridge Band Around Toes</b>							Heel in middle of bench, toe pointed, knee bent close to 90 degrees. Increase difficulty by adding DB and decreasing amount of knee bend.	<b>Single Leg Bridge From Floor</b>
Week 1		3	8-12/side	Control	60s		same rep/set scheme		
Week 2		3	10-14/side	Control	60s		same rep/set scheme		
Week 3		3	10-14/side	Control	60s		same rep/set scheme		
Week 4		3	12-16/side	Control	60s		same rep/set scheme		

# Strength, Performance & Body Composition Transformation

## Phase 9 - Workout A Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
<b>D1</b>	<b>BB or DB Complex:</b>	<ul style="list-style-type: none"> <li>• <b>Deadlift</b></li> <li>• <b>Bent Over Row</b></li> <li>• <b>Front Squat</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Thruster</b></li> <li>• <b>Reverse Lunge</b></li> <li>• <b>T-Push Up</b></li> </ul>	Reps are for each movement, each week. Perform as fast as possible with best technique.					
Week 1		3	8	Fast	0s				
Week 2		3	10	Fast	0s				
Week 3		3	10	Fast	0s				
Week 4		3	12	Fast	0s				
<b>D2</b>	<b>Standing Toe Raise</b>	Perform immediately following D1, back against wall, keep knee straight, to increase difficulty stand with back against wall and feet further from wall.					<b>Seated Toe Raise</b>		
Week 1		3	AMRAP	Control	0s		same rep/set scheme		
Week 2		3	AMRAP	Control	0s		same rep/set scheme		
Week 3		3	AMRAP	Control	0s		same rep/set scheme		
Week 4		3	AMRAP	Control	0s		same rep/set scheme		
<b>E</b>	<u><b>Energy System Work</b></u> <ul style="list-style-type: none"> <li>• Jog in place for 60 seconds</li> <li>• Battle rope for 20 seconds</li> <li>• Continuous until out of time</li> <li>• Keep heart rate 60-79% (blue-green zones or slightly out of breath)</li> </ul>			<u><b>Finisher</b></u> DB complex: 10 reps each <ul style="list-style-type: none"> <li>• 45 Degree Incline DB Bench</li> <li>• Chest Supported Row</li> <li>• Push Press</li> </ul> AMRAP (as many rounds as possible) with remaining time				<b>Weeks:</b> 1. _____ 2. _____ 3. _____ 4. _____	

# Strength, Performance & Body Composition Transformation

## Phase 9 - Workout B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
<b>A1</b>	<b>DB Bench Press</b>	Use 1-2 ramp sets as needed to select weight. Goal 8-20 reps.						Squeeze shoulder blades into bench, elbows 45 degrees from side, full range of motion. Weeks 1 & 4 perform <u>REP MAX</u> for <u>FIRST</u> set.	<b>Low Incline DB Bench Press</b>
Week 1	Rep max: Wt ___ x Reps ___	3	3 RIR	Control	0s		same rep/set scheme		
Week 2		3	2 RIR	Control	0s		same rep/set scheme		
Week 3		3	1 RIR	Control	0s		same rep/set scheme		
Week 4	Rep max: Wt ___ x Reps ___	3	0 RIR	Control	0s		same rep/set scheme		
<b>A2</b>	<b>Prone DB Tricep Extension</b>	Use 1 ramp set as needed to select weight. Goal 8-20 reps.						Laying on stomach, upper arm parallel to floor with forearm perpendicular to floor. Control weight up and pause at the bottom, don't use momentum.	<b>Supine DB Skull Crusher</b>
Week 1		3	3 RIR	Control	60s		same rep/set scheme		
Week 2		3	2 RIR	Control	60s		same rep/set scheme		
Week 3		3	1 RIR	Control	60s		same rep/set scheme		
Week 4		3	0 RIR	Control	60s		same rep/set scheme		
<b>B1</b>	<b>Half-Kneeling Landmine Press</b>							Whatever knee is done is the arm that is pressing. Tall posture, reach toward the ceiling and lean in at the top to get in a full overhead position.	<b>Half-Kneeling DB Shoulder Press</b>
Week 1		3	5-10	Control	0s		same rep/set scheme		
Week 2		3	5-10	Control	0s		same rep/set scheme		
Week 3		3	6-12	Control	0s		same rep/set scheme		
Week 4		3	8-15	Control	0s		same rep/set scheme		
<b>B2</b>	<b>Meadows Row</b>	Use 1 ramp set as needed to select weight. Goal 8-20 reps.						Flat spine, set up with inside foot directly under bar/hand. Elbow stays wide for this movement, pull elbow past body toward ceiling.	<b>1-Arm DB Row</b>
Week 1		3	3 RIR	Control	60s		same rep/set scheme		
Week 2		3	2 RIR	Control	60s		same rep/set scheme		
Week 3		3	1 RIR	Control	60s		same rep/set scheme		
Week 4		3	0 RIR	Control	60s		same rep/set scheme		
<b>C1</b>	<b>Pull-Up</b>	Use 1 ramp set as needed to select weight. Goal 8-20 reps.						Band assist if needed. Shoulder blades down toward back pockets, elbows toward sides, chest to bar.	<b>Neutral Grip Pull-Up</b>
Week 1		3	3 RIR	Control	0s		same rep/set scheme		
Week 2		3	2 RIR	Control	0s		same rep/set scheme		
Week 3		3	1 RIR	Control	0s		same rep/set scheme		
Week 4		3	0 RIR	Control	0s		same rep/set scheme		
<b>C2</b>	<b>Standing DB Lateral &amp; Rear Deltoid Raise</b>							Perform lateral DB raise and immediately adjust weight to perform rear raise.	<b>Half-Kneeling Cable Facepull</b>
Week 1		3	10/10	Control	60s		3 x 10-15		
Week 2		3	12/12	Control	60s		3 x 10-15		
Week 3		3	14/14	Control	60s		3 x 15-20		
Week 4		3	AMRAP	Control	60s		3 x 15-20		

# Strength, Performance & Body Composition Transformation

## Phase 9 - Workout B Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
<b>D1</b>	<b>Complex:</b>	<ul style="list-style-type: none"> <li>• Push-Up</li> <li>• TRX Row</li> <li>• Side Plank Dips</li> </ul>			<ul style="list-style-type: none"> <li>• TRX Row/Press/Y</li> <li>• DB Curl</li> <li>• TRX Tricep Extension</li> </ul>		Reps are for each movement, each week. Perform as fast as possible with best technique.	
Week 1		3	8	Fast	0s			
Week 2		3	10	Fast	0s			
Week 3		3	10	Fast	0s			
Week 4		3	12	Fast	0s			
<b>D2</b>	<b>Side Pretzel</b>						Perform during Rest from D1. Only rotate as far as you can while keeping top shin on the ground.	<b>Side-Lying Windmill</b>
Week 1		3	8/side	Slow	0s	same rep/set scheme		
Week 2		3	8/side	Slow	0s	same rep/set scheme		
Week 3		3	8/side	Slow	0s	same rep/set scheme		
Week 4		3	8/side	Slow	0s	same rep/set scheme		
<b>E</b>	<u>Energy System Work</u> <ul style="list-style-type: none"> <li>• Jump rope 60 seconds</li> <li>• Box jumps for 20 seconds</li> <li>• Continuous until out of time</li> <li>• Keep heart rate 60-79% (blue-green zones or slightly out of breath)</li> </ul>			<u>Finisher</u> 10 Reps Each <ul style="list-style-type: none"> <li>• Cycle Jump</li> <li>• Devil Press</li> <li>• DB Front Squat</li> </ul> AMRAP (as many rounds as possible) with remaining time				<b>Weeks:</b> 1. _____ 2. _____ 3. _____ 4. _____

# Strength, Performance & Body Composition Transformation

## Phase 9 - Workout C



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
<b>A1</b>	<b>Hex Bar Deadlift</b>	Use 1-2 ramp sets as needed to select weight. Goal 5-12reps.						Reach toward floor as hard as possible to create tension in lats, double chin, equal foot pressure, big breath in at bottom, blow air out as you stand up. Weeks 1 & 4 perform <u>REP MAX</u> for <u>FIRST</u> set.	<b>DB or KB Deadlift</b>
Week 1	Rep max: Wt ___ x Reps ___	3	3 RIR	Control	0s		same rep/set scheme		
Week 2		3	2 RIR	Control	0s		same rep/set scheme		
Week 3		3	1 RIR	Control	0s		same rep/set scheme		
Week 4	Rep max: Wt ___ x Reps ___	3	0 RIR	Control	0s		same rep/set scheme		
<b>A2</b>	<b>Hollow Hold To Superman</b>							Try not to use momentum or use arms to roll, trying to create motion with truck musculature and roll in a log fashion.	<b>Superman</b>
Week 1		3	8/side	Control	60s		3 x 8		
Week 2		3	8/side	Control	60s		3 x 10		
Week 3		3	8/side	Control	60s		3 x 12		
Week 4		3	8/side	Control	60s		3 x 15		
<b>B1</b>	<b>1-DB Walking Lunge</b>							Perform half the reps with DB on one side, then switch DB to opposite side. Shoulders parallel to floor, feet hip width apart.	<b>Split Squat</b>
Week 1		3	10-14/side	Control	0s		same rep/set scheme		
Week 2		3	8-12/side	Control	0s		same rep/set scheme		
Week 3		3	6-10/side	Control	0s		same rep/set scheme		
Week 4		3	4-8/side	Control	0s		same rep/set scheme		
<b>B2</b>	<b>Split Stance Low Rotational Row</b>	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.						80-90% weight on forward leg, feet hip width apart and hips square to cable. Opposite leg forward to pulling arm, don't rotate hips as arm/torso rotate.	<b>Split Stance Mid Cable Row</b>
Week 1		3	3 RIR	Control	60s		same rep/set scheme		
Week 2		3	2 RIR	Control	60s		same rep/set scheme		
Week 3		3	1 RIR	Control	60s		same rep/set scheme		
Week 4		3	0 RIR	Control	60s		same rep/set scheme		
<b>C1</b>	<b>Barbell Bridge Off Bench</b>	Use 1-2 ramp sets as needed to select weight. Goal 5-12reps.						Tuck hips under (posterior pelvic tilt), keep abs tight so low back doesn't arch, drive through heels, should feel in hips not low back.	<b>BB/DB Bridge Off Floor</b>
Week 1		3	3 RIR	Control	0s		same rep/set scheme		
Week 2		3	2 RIR	Control	0s		same rep/set scheme		
Week 3		3	1 RIR	Control	0s		same rep/set scheme		
Week 4		3	0 RIR	Control	0s		same rep/set scheme		
<b>C2</b>	<b>DB Fly Into Floor Press</b>	Use 1 ramp set as needed to select weight. Goal 5-12reps.						Push shoulder blades into ground, elbows slightly flexed, low until elbows hit the ground, move hands above elbows to perform floor press.	<b>Push-Up</b>
Week 1		3	3 RIR	Control	60s		same rep/set scheme		
Week 2		3	2 RIR	Control	60s		same rep/set scheme		
Week 3		3	1 RIR	Control	60s		same rep/set scheme		
Week 4		3	0 RIR	Control	60s		same rep/set scheme		

# Strength, Performance & Body Composition Transformation

## Phase 9 - Workout C Continued



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
<b>D1</b>	<b>Goblet Pistol Squat Off Bench</b>						Use counterbalance if needed or use upper extremity assistance if needed. Many will benefit from a heel lift, keep torso as vertical as possible. Go as deep as possible as technique allows.	<b>Skater Squat or 1-Leg Counterbalance squat to bench</b>	
Week 1		3	4-6/side	Control	0s			same rep/set scheme	
Week 2		3	5-8/side	Control	0s			same rep/set scheme	
Week 3		3	6-10/side	Control	0s			same rep/set scheme	
Week 4		3	8-12/side	Control	0s			same rep/set scheme	
<b>D2</b>	<b>Half-Kneeling DB Windmill</b>						Same side arm is holding DB as the leg that is up. Hips shift toward the up leg, overhead arm locked straight and overhead. Reach toward floor with opposite hand, attempting to get elbow to floor.	<b>Half Turkish Get-Up</b>	
Week 1		3	8-12/side	Control	60s			same rep/set scheme	
Week 2		3	8-12/side	Control	60s			same rep/set scheme	
Week 3		3	8-12/side	Control	60s			same rep/set scheme	
Week 4		3	8-12/side	Control	60s			same rep/set scheme	
<b>E</b>	<u><b>Energy System Work</b></u> <ul style="list-style-type: none"> <li>• Cycle jumps for 60 seconds</li> <li>• Burpees for 20 seconds</li> <li>• Continuous until out of time</li> <li>• Keep heart rate 60-79% (blue-green zones or slightly out of breath)</li> </ul>			<b>15-10-5-10-15</b> <ul style="list-style-type: none"> <li>• Goblet Squat</li> <li>• Hand Release Push-Up</li> <li>• RDL to Bent Over Row</li> <li>• Med Ball Slam</li> <li>• 1-DB Farmer Carry (1 lap/side)</li> </ul>			<u><b>Finisher</b></u>		<b>Weeks:</b> 1. _____ 2. _____ 3. _____ 4. _____
Complete as fast as possible and record time each week.									