

# Strength, Performance & Body Composition Transformation

## Phase 10 - 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 6-15 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>Slideboard Hamstring Curls</b>						Keep glutes/abs engaged. Push low back into ground. Point toes, lower heels away from glutes.	<b>Slideboard Hamstring Curl Eccentric</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	6/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	12/side	Control	0s	same rep/set scheme		
<b>B2</b>	<b>Side Plank With Bottom Leg March</b>						Straight line head to toe, press top leg into ground, bring bottom knee toward chest.	<b>Copenhagen Plank</b>
Week 1		3	20s/side	Control	60s	same rep/set scheme		
Week 2		3	30s/side	Control	60s	same rep/set scheme		
Week 3		3	40s/side	Control	60s	same rep/set scheme		
Week 4		3	45s/side	Control	60s	same rep/set scheme		
<b>C1</b>	<b>Split Squat Isometric</b>						Have knee align over toe, back leg should be ~ 1 inch from floor, hold position. Add weight if needed.	<b>Split Squat</b>
Week 1		3	30s/side	Hold	0s	3x8/side		
Week 2		3	45s/side	Hold	0s	3x10/side		
Week 3		3	60s/side	Hold	0s	3x12/side		
Week 4		3	75s/side	Hold	0s	3x12/side		
<b>C2</b>	<b>1-DB/KB Kickstand RDL</b>						Keep low back in neutral, weight should be on forward leg heel, shift hips back as chest comes toward the ground.	<b>DB RDL</b>
Week 1		3	6/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 10 - Workout A Continued



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
<b>D1</b>	<b>DB Complex</b>		<ul style="list-style-type: none"> <li>Bent Over Row</li> <li>Bench</li> <li>TRX Row</li> </ul>		<ul style="list-style-type: none"> <li>Shoulder Press</li> <li>Thruster</li> <li>Hand Release Push-Up</li> </ul>		Reps are for each movement, each week. Perform as fast as possible with best technique.	
Week 1		3	6	Fast	0s			
Week 2		3	8	Fast	0s			
Week 3		4	10	Fast	0s			
Week 4		4	12	Fast	0s			
<b>D2</b>	<b>Hack Squat</b>						Tuck hips, keep feet flat on floor, use foam roller to slide up/down wall	<b>Wall Sit</b>
Week 1		3	6	Control	0s			
Week 2		3	8	Control	0s			
Week 3		4	10	Control	0s			
Week 4		4	12	Control	0s			
<b>E</b>	<u>Energy System Work</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>Finisher</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 10 - Workout B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
<b>A1</b>	<b>Barbell Bench</b>	Use 1-2 ramp sets as needed to select weight. Goal 6-15 reps.					Squeeze shoulder blades into bench, elbows 45 degrees from side, full range of motion. Weeks 1 & 4 perform <b>REP MAX</b> for <b>FIRST</b> set.	<b>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>Push-Up</b>						Keep elbows 45 degrees from sides, glutes engaged, focus on perfect technique.	<b>Modified 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		
<b>B1</b>	<b>Half-Kneeling Landmine Press</b>	Use 1-2 ramp sets as needed to select weight. Goal 6-15 reps.					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	8-15	Control	0s	same rep/set scheme		
Week 2		3	6-12	Control	0s	same rep/set scheme		
Week 3		3	5-10	Control	0s	same rep/set scheme		
Week 4		3	5-10	Control	0s	same rep/set scheme		
<b>B2</b>	<b>TRX Row</b>						Keep elbows 45 degrees from sides, glutes engaged, focus on perfect technique.	
Week 1		3	3 RIR	Control	60s			
Week 2		3	2 RIR	Control	60s			
Week 3		3	1 RIR	Control	60s			
Week 4		3	0 RIR	Control	60s			
<b>C1</b>	<b>3-Point Row</b>	Use 1-2 ramp sets as needed to select weight. Goal 6-15 reps.					Back flat, knees bent, feet behind knees, row with elbow 45 degrees from side.	<b>1-Arm DB Row</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>Rear Deltoid Raise</b>						Elbows come past sides, back flat, elbows slightly flexed.	<b>Band Pull Apart</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 10 - Workout B 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>Front Squat</b></li> <li>• <b>Bridge</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Floor Slider Body Saw</b></li> <li>• <b>Front Squat</b></li> <li>• <b>RDL</b></li> </ul>			
Week 1		3	10	Fast	0s			
Week 2		3	12	Fast	0s			
Week 3		3	15	Fast	0s			
Week 4		3	18	Fast	0s			
<b>D2</b>	<b>Half-Kneeling DB Windmill</b>							<b>Half Turkish Get-Up</b>
Week 1		3	8-12/side	Control	0s			same rep/set scheme
Week 2		3	8-12/side	Control	0s			same rep/set scheme
Week 3		3	8-12/side	Control	0s			same rep/set scheme
Week 4		3	8-12/side	Control	0s			same rep/set scheme
<b>E</b>	<b><u>Energy System Work</u></b>				<b><u>Finisher</u></b>		<b>Weeks:</b>	
	<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>		10 Reps Each		<ul style="list-style-type: none"> <li>• Cycle Jump</li> <li>• Devil Press</li> <li>• DB Front Squat</li> </ul>		1. _____	
					AMRAP (as many rounds as possible) with remaining time		2. _____	
							3. _____	
							4. _____	

# Strength, Performance & Body Composition Transformation

## Phase 10 - 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>DB Floor Press</b>	Use 1-2 ramp sets as needed to select weight. Goal 5-12reps.						Keep elbows 45 degrees from sides, squeeze shoulder blades together & into the ground.	<b>Push-Up</b>
Week 1		3	3 RIR	Control	90s		same rep/set scheme		
Week 2		3	2 RIR	Control	90s		same rep/set scheme		
Week 3		3	1 RIR	Control	90s		same rep/set scheme		
Week 4		3	0 RIR	Control	90s		same rep/set scheme		
<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>Modified Arnold Press</b>	Use 1-2 ramp sets as needed to select weight. Goal 5-12reps.						Keep upper arm parallel to floor, abs engaged to prevent low back from arching.	<b>DB Shoulder Press</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>Chin-Up</b>	Use ramp set as needed to select assistance. Goal 5-12 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>Pull-Over Flutter Kick</b>							Low back pushed into ground, belly button toward ceiling, hands above shoulders.	<b>Hallow Hold</b>
Week 1		3	20 s	Control	60s		same rep/set scheme		
Week 2		3	30 s	Control	60s		same rep/set scheme		
Week 3		3	40 s	Control	60s		same rep/set scheme		
Week 4		3	45 s	Control	60s		same rep/set scheme		

# Strength, Performance & Body Composition Transformation

## Phase 10 - Workout C Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
<b>D1</b>	<b>DB Complex</b>	<ul style="list-style-type: none"> <li>Lateral Raise</li> <li>Bent Over Tricep Extension</li> <li>Bicep Curl</li> </ul>	<ul style="list-style-type: none"> <li>Wide Stance Windmill</li> <li>Superman</li> <li>Turkish Sit-Up</li> </ul>					
Week 1		3	8	Fast	0s			
Week 2		3	10	Fast	0s			
Week 3		3	12	Fast	0s			
Week 4		3	15	Fast	0s			
<b>D2</b>	<b>1-DB/KB March</b>							<b>DB/KB March</b>
Week 1		3	8/side	Fast	0s		same rep/set scheme	
Week 2		3	10/side	Fast	0s		same rep/set scheme	
Week 3		3	12/side	Fast	0s		same rep/set scheme	
Week 4		3	15/side	Fast	0s		same rep/set scheme	
<b>E</b>	<p><u>Energy System Work</u></p> <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>	<p>15-10-5-10-15</p> <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> <p>Complete as fast as possible and record time each week.</p>					<p><b>Weeks:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>	