

SPB

Phase 11 - Transformation A



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Goblet Alternating Reverse Lunge	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.						Keep DB/KB 3-4 inches from chest, front shin and torso angle should be parallel in bottom position, keep feet hip width apart.	TRX Lunge or Split Squat
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		
A2	Tall Kneeling DB Lateral Press Out							Glutes engaged, low back in neutral, upper trunk and arms perform rotation, minimal motion through hips, arms fully extended.	Half-Kneeling Pallof Press
Week 1		3	10/side	Control	60s		same rep/set scheme		
Week 2		3	10/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		
B1	Barbell RDL	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.						Hinge motion, weight slightly biased toward heels, knees stay above/behind ankles, neutral low back or slight arch, bar should track close to legs.	DB RDL
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		
B2	Seated Back to Wall Shoulder Flexion							Low back, upper back and back of head in contact with the wall, lead with thumb side of hand, reach away from body with arms making a "V" in the overhead position.	Standing Back to Wall Shoulder Flexion
Week 1		3	12	Control	60s		same rep/set scheme		
Week 2		3	12	Control	60s		same rep/set scheme		
Week 3		3	12	Control	60s		same rep/set scheme		
Week 4		3	12	Control	60s		same rep/set scheme		
C1	Alternating DB Step-Up	Load should increase each week.						Use bench or 18 inch box, minimize push off from back leg, control all the way back to the ground without dropping.	Stagger Stance Squat
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		
C2	Alternating Glute Bridge March Pallof ISO							Cable to the side, glutes engaged, low back in neutral, keep pelvis level with march, control breathing through nose.	Banded Glute Bridge March
Week 1		3	8/side	Control	60s		same rep/set scheme		
Week 2		3	8/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		

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Phase 11 - Transformation A Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
D1	KB Swing	Load should increase each week.						Hinge motion, reach toward floor and pull arms into sides to engage lats, hips/legs perform the work, arms follow.	Goblet Squat
Week 1		3	15	-	0s			same rep/set scheme	
Week 2		3	12	-	0s			same rep/set scheme	
Week 3		3	10	-	0s			same rep/set scheme	
Week 4		3	8	-	0s			same rep/set scheme	
D2	Box Jump							Box height is not the goal, box is to minimize rapid stressful loading to joints. Focus on jumping as fast/hard as possible with each rep.	Jumping Jacks
Week 1		3	4	-	60s			3 x 15s	
Week 2		3	5	-	60s			3 x 20s	
Week 3		3	5	-	60s			3 x 30s	
Week 4		3	6	-	60s			3 x 30s	
E	<u>Energy System Work</u>			<u>Finisher</u>				Weeks:	
	<ul style="list-style-type: none"> Jog in place for 60 seconds Battle rope for 20 seconds Continuous until out of time Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			DB complex: 10 reps each <ul style="list-style-type: none"> DB Bench Press Chest Supported Row Push Press <p style="text-align: center;">AMRAP (as many rounds as possible) with remaining time</p>				1. _____ 2. _____ 3. _____ 4. _____	

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Phase 11 - Transformation B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	45 Degree DB Bench Press	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.					Drive feet into floor, slight arch through low back, shoulder blades squeezed together, elbows roughly 45° from sides in bottom position.	DB Bench Press
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		
A2	Prone Row to External Rotation						You can keep bench at incline or lower flat. Tuck hips under to keep low back in neutral, brace through abdominals, motion should only occur at the shoulder joint and not shoulder blade.	Prone Y
Week 1		3	12	Control	60s	same rep/set scheme		
Week 2		3	12	Control	60s	same rep/set scheme		
Week 3		3	12	Control	60s	same rep/set scheme		
Week 4		3	12	Control	60s	same rep/set scheme		
B1	Trap Bar Bent Over Row	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.					Hinge/RDL position, keep low back in neutral, let shoulder blades move as much as possible.	DB Bent Over Row
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		
B2	DB Bicep Curl	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.					Bicep variation of your choice.	Resistance Band Bicep Curl
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		
C1	Supine Cable Rope Pullover	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.					Move away from the weight stack enough to keep tension on cable. Elbows fully extended, low back in contact with ground.	DB Pullover
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		
C2	Supine DB Skull Crusher	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.					Low back in contact with ground, elbows above shoulders, motion then comes entirely through elbow joint not shoulder.	Supine DB Tricep Extension
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		

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Phase 11 - Transformation B Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
D1	Turkish Get-Up						Pause at each position to perfect technique: Elbow, hand, bridge, leg through to half-kneeling, stand up, reverse lunge to half-kneeling, hand, leg through to bridge, hip down, elbow, back.	Half-Turkish Get-Up
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	4/side	Control	0s			same rep/set scheme
Week 4		3	4/side	Control	0s			same rep/set scheme
D2	Reverse Crunch						Keep heels to butt, knees toward chest, use no momentum, tension should be in abdominals not hip flexors.	Dead Bug
Week 1		3	8	Control	60s			same rep/set scheme
Week 2		3	8	Control	60s			same rep/set scheme
Week 3		3	8	Control	60s			same rep/set scheme
Week 4		3	8	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 • Low box jumps for 20 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			10 Reps Each <ul style="list-style-type: none"> • Cycle Jump • Devil Press • DB Front Squat <p style="text-align: center;">AMRAP (as many rounds as possible) with remaining time</p>				1. _____ 2. _____ 3. _____ 4. _____

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Phase 11 - Transformation C



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	DB Bulgarian Split Squat	Use 1-2 ramp sets as needed to select weight. Goal 4-10 reps.						Rear foot elevated on bench, shin angle and torso angle should be parallel in the bottom position, move through full range of motion.	Split Squat
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		
A2	Tall Kneeling DB Shoulder Press	Use 1-2 ramp sets as needed to select weight. Goal 12-20 reps.						Glutes engaged, slight extension of low back, elbows 45° from sides, be mindful of compensations through low back.	Seated DB Shoulder Press
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		
B1	Slideboard Lateral Lunge to 1-Arm Row	Load should increase each week.						Leg straight on slideboard side, cable in same arm as slideboard side, arm straight in bottom position, row as you stand up.	Goblet Lateral Lunge Step Through Alternating
Week 1		3	12/side	Control	0s		same rep/set scheme		
Week 2		3	12/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	Ab Wheel Roll out							Low back should be in slight flexion with upper back in flexion as well. Only lower as far as you can while maintaining correct positioning.	Quadruped Walk Out
Week 1		3	6	Control	60s		same rep/set scheme		
Week 2		3	6	Control	60s		same rep/set scheme		
Week 3		3	8	Control	60s		same rep/set scheme		
Week 4		3	8	Control	60s		same rep/set scheme		
C1	Reverse Hyperextension							Flat on bench, knees/hips start flexed, kick knees/hips straight while torso stays on bench.	Superman
Week 1		3	10	Control	0s		same rep/set scheme		
Week 2		3	12	Control	0s		same rep/set scheme		
Week 3		3	12	Control	0s		same rep/set scheme		
Week 4		3	15	Control	0s		same rep/set scheme		
C2	Half Squat Isometric with Band Pull Apart							Holding ½ squat while performing band pull apart, start thumbs facing in, arms straight, pull band straight across chest.	Seated Band Pull Apart
Week 1		3	30s	Control	60s		same rep/set scheme		
Week 2		3	40s	Control	60s		same rep/set scheme		
Week 3		3	50s	Control	60s		same rep/set scheme		
Week 4		3	60s	Control	60s		same rep/set scheme		

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Phase 11 - Transformation C Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
D1	1-DB Farmers Carry	Load should increase each week.						Shoulders/hips parallel to floor, don't rest arm with weight on side. Control breathing.	Side Plank
Week 1		3	30s/side	Control	0s		same rep/set scheme		
Week 2		3	30s/side	Control	0s		same rep/set scheme		
Week 3		3	30s/side	Control	0s		same rep/set scheme		
Week 4		3	30s/side	Control	0s		same rep/set scheme		
D2	Bear Crawl							Knees under hips, hands under shoulders, knees 1 inch off ground, opposite leg/arm working together, minimize trunk/hip motion.	Quadruped Shoulder Taps
Week 1	Forward & Backward	3	8/side	Control	60s		3 x 20s		
Week 2	Forward & Backward	3	10/side	Control	60s		3 x 30s		
Week 3	Forward, Backward & Lateral	3	8/side	Control	60s		3 x 40s		
Week 4	Forward, Backward & Lateral	3	10/side	Control	60s		3 x 45s		
E	<u>Energy System Work</u>			<u>Finisher</u>				Weeks:	
	<ul style="list-style-type: none"> • Cycle jumps for 60 seconds • Burpees for 20 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"> • Goblet Squat • Hand Release Push-Up • TRX Row • Med Ball Slam 				1. _____ 2. _____ 3. _____ 4. _____	
Complete as fast as possible and record time each week.									