

SPB

Phase 12 - Transformation A



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Barbell Deadlift	Use 1-2 ramp sets as needed to select weight. Goal 8-15 reps.						Tempo should be pulling the weight off the floor 3 seconds.	DB/KB Deadlift
Week 1		3	3 RIR	3-2-1	0s		same rep/set scheme		
Week 2		3	2 RIR	3-2-1	0s		same rep/set scheme		
Week 3		3	1 RIR	3-2-1	0s		same rep/set scheme		
Week 4		3	0 RIR	3-2-1	0s		same rep/set scheme		
A2	1-Arm DB Row	Goal 8-15 reps.						Keep elbow ~45° from side, move shoulder blade as much as possible, lower weight down 3 seconds.	TRX Row
Week 1		3	3 RIR	1-2-3	60s		same rep/set scheme		
Week 2		3	2 RIR	1-2-3	60s		same rep/set scheme		
Week 3		3	1 RIR	1-2-3	60s		same rep/set scheme		
Week 4		3	0 RIR	1-2-3	60s		same rep/set scheme		
B1	Goblet Alternating Forward Lunge	Use 1-2 ramp sets as needed to select weight. Goal 8-15 reps.						Don't swing the weights for momentum or pull with back leg. Focus should be on forward leg and keeping torso vertical.	TRX Lunge or Split Squat
Week 1	Rep max: Wt ___ x Reps	3	3 RIR	1-2-1	0s		same rep/set scheme		
Week 2		3	2 RIR	1-2-1	0s		same rep/set scheme		
Week 3		3	1 RIR	1-2-1	0s		same rep/set scheme		
Week 4	Rep max: Wt ___ x Reps	3	0 RIR	1-2-1	0s		same rep/set scheme		
B2	Side Bridge with Trunk Rotation							Should feel in glutes, chest starts facing the ground, rotates toward ceiling as you move through the motion.	Side Plank or Star Plank
Week 1		3	8/side	2-2-2	60s		same rep/set scheme		
Week 2		3	12/side	2-2-2	60s		same rep/set scheme		
Week 3		3	16/side	2-2-2	60s		same rep/set scheme		
Week 4		3	20/side	2-2-2	60s		same rep/set scheme		
C1	Heel Elevated 1 ¼ Goblet Squat	Keep the weight the same each week.						Your knees will go past toes, that is okay! Keep torso vertical, close stance position if able.	Goblet Squat
Week 1		3	8	2-2-2	0s		same rep/set scheme		
Week 2		3	12	2-2-2	0s		same rep/set scheme		
Week 3		3	16	2-2-2	0s		same rep/set scheme		
Week 4		3	20	2-2-2	0s		same rep/set scheme		
C2	Opposite Side Elbow to Knee Plank							Hips will have to elevate to keep knee from hitting floor, keep upper back rounded.	Prone Plank
Week 1		3	8/side	Control	60s		3 x 25s		
Week 2		3	12/side	Control	60s		3 x 35s		
Week 3		3	16/side	Control	60s		3 x 45s		
Week 4		3	20/side	Control	60s		3 x ALAP		

Phase 12 - 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.	Resistance Band Pull Through
Week 1		3	12	-	0s			same rep/set scheme	
Week 2		3	10	-	0s			same rep/set scheme	
Week 3		3	8	-	0s			same rep/set scheme	
Week 4		3	6	-	0s			same rep/set scheme	
D2	Drop Squat Progressions							First 2 weeks: double leg. Week 3 perform split stance on last set. Week 4 split stance on all 3 sets.	5 Dot Drill
Week 1	Double Leg	3	5	-	60s			3 x 15s	
Week 2	Double Leg	3	5	-	60s			3 x 20s	
Week 3	Split Stance last set 5/side	3	5	-	60s			3 x 30s	
Week 4	Split Stance all 3 sets	3	5/side	-	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 25 seconds Continuous until out of time Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			BB complex: 10 reps each <ul style="list-style-type: none"> RDL Bent Over Row Thruster Alternating Forward Lunge Over Bar Burpee <p style="text-align: center;">AMRAP (as many rounds as possible) with remaining time</p>				1. _____ 2. _____ 3. _____ 4. _____	

SPB

Phase 12 - Transformation B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	DB Shoulder Press	Use 1-2 ramp sets as needed to select weight. Goal 8-15 reps.						Glutes engaged, keep neck in neutral position, minimal arch in low back.	High Incline DB Bench press
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		
A2	Incline Overhead Tricep Extension	Use 1-2 ramp sets as needed to select weight. Goal 8-15 reps.						Motion should come through elbow, not shoulder.	Supine DB Skull Crusher
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	Barbell Bent Over Row	Use 1-2 ramp sets as needed to select weight. Goal 8-15 reps.						Elbows 45° from sides, flat lower back, upper back rounding is okay, move shoulder blades as much as possible	DB Bent Over Row
Week 1		3	3 RIR	1-2-3	0s		same rep/set scheme		
Week 2		3	2 RIR	1-2-3	0s		same rep/set scheme		
Week 3		3	1 RIR	1-2-3	0s		same rep/set scheme		
Week 4		3	0 RIR	1-2-3	0s		same rep/set scheme		
B2	Half-Kneeling Cable Facepull							Drive front leg into ground, tall posture, elbows at shoulder height, pull cable attachment to forehead.	Prone Row to External Rotation
Week 1		3	15	Control	60s		same rep/set scheme		
Week 2		3	15	Control	60s		same rep/set scheme		
Week 3		3	20	Control	60s		same rep/set scheme		
Week 4		3	20	Control	60s		same rep/set scheme		
C1	Inverted Row							Keep in straight line from heels to shoulders. To make easier, bend knees	TRX Row
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		
C2	Physioball Rollout to Pike								Reverse Crunch
Week 1		3	8	Control	60s		same rep/set scheme		
Week 2		3	10	Control	60s		same rep/set scheme		
Week 3		3	12	Control	60s		same rep/set scheme		
Week 4		3	15	Control	60s		same rep/set scheme		

Phase 12 - Transformation B Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
D1	Turkish Get-Up	Load should increase each week.						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	4/side	Control	0s		same rep/set scheme		
Week 2		3	4/side	Control	0s		same rep/set scheme		
Week 3		3	3/side	Control	0s		same rep/set scheme		
Week 4		3	3/side	Control	0s		same rep/set scheme		
D2	Side Pretzel							Side-lying: bend bottom leg and hold with top arm, breath out, keep top shin on floor as you rotate shoulder blade toward the ground.	Side-Lying Windmill
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	8/side	Control	60s		same rep/set scheme		
Week 4		3	8/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 • Low box jumps for 25 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			Ladder: 10-9-8...-1...8-9-10 <ul style="list-style-type: none"> • Goblet Squat • KB Swing • Cycle Jump • Push-Up 				1. _____ 2. _____ 3. _____ 4. _____	

SPB

Phase 12 - Transformation C



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Goblet Bulgarian Split Squat	Use 1-2 ramp sets as needed to select weight. Goal 4-8 reps.						Rear foot elevated on bench, shin angle and torso angle should be parallel in the bottom position, move through full range of motion.	Goblet 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	DB Scarecrow	Use 1-2 ramp sets as needed to select weight.						Keep upper arm parallel to floor, elbows frozen at 90°, rotation comes through shoulders.	DB Lateral Raise
Week 1		3	15	Control	60s		same rep/set scheme		
Week 2		3	15	Control	60s		same rep/set scheme		
Week 3		3	12	Control	60s		same rep/set scheme		
Week 4		3	10	Control	60s		same rep/set scheme		
B1	Overhand Lat Pulldown	Load should increase each week.						Drive shoulder blades toward back pockets while driving elbows towards sides. Chest should come towards the bar.	Half-Kneeling Resistance Band Pulldown
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	1-DB/KB Single Leg RDL	Load should increase each week.						Keep low back flat, keep front of hips pointed toward the ground, rear leg should point at the ground in the bottom position.	DB RDL
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		
C1	Push-Up	If you get >30, add weight with chains/plate.						Elbows ~45° from sides in bottom position, keep in straight line from head to heels.	Modified Push-Up
Week 1		3	AMRAP	3:2:1	0s		same rep/set scheme		
Week 2		3	AMRAP	3:2:1	0s		same rep/set scheme		
Week 3		3	AMRAP	3:2:1	0s		same rep/set scheme		
Week 4		3	AMRAP	3:2:1	0s		same rep/set scheme		
C2	Physioball Hamstring Curl							Toes pointed, prevent arching of low back.	Slide Board Hamstring Eccentric
Week 1		3	8	1-2-3	60s		same rep/set scheme		
Week 2		3	12	1-2-3	60s		same rep/set scheme		
Week 3		3	15	1-2-3	60s		same rep/set scheme		
Week 4		3	20	1-2-3	60s		same rep/set scheme		

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Phase 12 - Transformation C Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
D1	Med Ball Medley	Chop/lift, power-jack, overhead slam 4 each AMRAP						Week 1: _____	
Week 1		3	1 min	Fast	0s		Week 2: _____		
Week 2		3	1 min	Fast	0s		Week 3: _____		
Week 3		3	1 min	Fast	0s		Week 4: _____		
Week 4		3	1 min	Fast	0s				
D2	Bear Crawl							Quadruped Shoulder Taps	
Week 1	Forward & Backward	3	12/side	Control	60s		3 x 30s		
Week 2	Forward & Backward	3	15/side	Control	60s		3 x 40s		
Week 3	Forward, Backward & Lateral	3	12/side	Control	60s		3 x 50s		
Week 4	Forward, Backward & Lateral	3	15/side	Control	60s		3 x 60s		
E	<u>Energy System Work</u>			<u>Finisher</u>				Weeks:	
	<ul style="list-style-type: none"> • Cycle jumps for 60 seconds • Mountain climbers for 20 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 			EMOM: (Every minute on the minute) <ul style="list-style-type: none"> • 15 Overhead med-ball slams • 20 TRX Row • 6/side 1-Leg Counterbalance Squat to Bench 				1. _____ 2. _____ 3. _____ 4. _____	