

SPB

Phase 13 – Transformation A



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Barbell Alternating Reverse Lunge	Use ramp sets as needed. Don't go right to working weight.							Goblet Alternating Reverse Lunge
Week 1	Rep max: Wt ___ x 5 Reps	1 - 2	5 - 15	Control	0s			same rep/set scheme	
Week 2		1 - 2	5 - 15	Control	0s			same rep/set scheme	
Week 3		1 - 2	3 - 12	Control	0s			same rep/set scheme	
Week 4		1 - 2	3-12	Control	0s			same rep/set scheme	
Week 5		3	5/5/5	Control	0s			same rep/set scheme	
Week 6	Rep max: Wt ___ x 5 Reps	3	5/5/5	Control	0s			same rep/set scheme	
A2	Barbell Bridge off Bench							A1 & A2 are partner style: one performs the lunge while the other performs the bridge, cycle through A1-2 for all 3 sets without rest.	Single Leg Bridge off Bench
Week 1		3	15-20	1-3-1	0s			3 x 8/side	
Week 2		3	15-20	1-3-1	0s			3 x 8/side	
Week 3		3	12-16	1-3-1	0s			3 x 10/side	
Week 4		3	12-16	1-3-1	0s			3 x 10/side	
Week 5		3	8-12	1-3-1	0s			3 x 12/side	
Week 6		3	8-12	1-3-1	0s			3 x 12/side	
B1	Prone DB Hamstring Curl							Keep glutes engaged and low back in neutral, keep toes pointed.	Standing Hamstring Curl
Week 1		3	15-20	2-2-2	0s			3 x 8/side	
Week 2		3	15-20	2-2-2	0s			3 x 8/side	
Week 3		3	12-16	2-2-2	0s			3 x 10/side	
Week 4		3	12-16	2-2-2	0s			3 x 10/side	
Week 5		3	8-12	2-2-2	0s			3 x 12/side	
Week 6		3	8-12	2-2-2	0s			3 x 12/side	
B2	Hip 90/90 into Pigeon							For the pigeon lunge part of the hip 90/90, it is okay to use your hands to assist.	Hip 90/90 Switch
Week 1		3	6/side	Slow	60s			same rep/set scheme	
Week 2		3	8/side	Slow	60s			same rep/set scheme	
Week 3		3	10/side	Slow	60s			same rep/set scheme	
Week 4	Add weight if able	3	10/side	Slow	60s			same rep/set scheme	
Week 5	Add weight if able	3	10/side	Slow	60s			same rep/set scheme	
Week 6	Add weight if able	3	10/side	Slow	60s			same rep/set scheme	

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Phase 13 – Transformation A Continued



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
C1	Goblet Squat						Pressure through front half of foot, knees bent first, hips follow.	Body Weight Squat
Week 1		3	5/10	2-2-2	0s			3 x 8
Week 2		3	5/10	2-2-2	0s			3 x 8
Week 3		3	15/3	2-2-2	0s			3 x 10
Week 4		3	15/3	2-2-2	0s			3 x 10
Week 5		3	6/6/6	2-2-2	0s			3 x 12
Week 6		3	6/6/6	2-2-2	0s			3 x 15
C2	Sled Push						C1 & C2 are partner style: one person performs the sled push until the other person finishes the goblet squat, then switch. Complete like this without rest.	Farmer Carry
Week 1		3	See notes	Control	0s			3 x 2 laps
Week 2		3	See notes	Control	0s			3 x 2 laps
Week 3		3	See notes	Control	0s			3 x 2 laps
Week 4		3	See notes	Control	0s			3 x 2 laps
Week 5		3	See notes	Control	0s			3 x 2 laps
Week 6		3	See notes	Control	0s			3 x 2 laps
D1	Knee Bent Heel Raise						Use wall for balance, knees bent, drive onto toes while maintaining knee bend, pressure under foot should be equal between big-small toe.	Straight Leg Heel Raise
Week 1		3	15-20	1-3-1	0s			same rep/set scheme
Week 2		3	15-20	1-3-1	0s			same rep/set scheme
Week 3		3	20-25	1-3-1	0s			same rep/set scheme
Week 4		3	20-25	1-3-1	0s			same rep/set scheme
Week 5		3	AMRAP	1-3-1	0s			same rep/set scheme
Week 6		3	AMRAP	1-3-1	0s			same rep/set scheme
D2	Slideboard Bodysaw						Keep spine in neutral, a small range of motion is normal for most, control breathing/bracing.	Prone Plank
Week 1		3	4-8	Control	60s			3 x 15s
Week 2		3	4-8	Control	60s			3 x 15s
Week 3		3	6-10	Control	60s			3 x 20s
Week 4		3	6-10	Control	60s			3 x 20s
Week 5		3	8-12	Control	60s			3 x 30s
Week 6		3	8-12	Control	60s			3 x 30s

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Phase 13 – Transformation A Continued

<p>E</p>	<p><u>Energy System Work</u></p> <ul style="list-style-type: none"> • Low box step up for 60 seconds • Battle rope for 15 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 	<p><u>Finisher</u></p> <p>DB complex: 10 reps each</p> <ul style="list-style-type: none"> • DB Bench • DB Bent Over Row <p>AMRAP (as many rounds as possible) with remaining time</p>	<p>Weeks:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>
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SPB

Phase 13 – Transformation B



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	DB Bench	Use ramp sets as needed. Don't go right to working weight.						Push-Up
Week 1	Rep max: Wt ___ x Reps ___	3	6-8	2-2-1	0s		3 x 6-10	
Week 2		3	6-8	2-2-1	0s		3 x 6-10	
Week 3		3	4-6	2-2-1	0s		3 x 8-12	
Week 4		4	4-6	2-2-1	0s		3 x 8-12	
Week 5		4	3-5	2-2-1	0s		3 x 10-15	
Week 6	Rep max: Wt ___ x Reps ___	4	3-5	2-2-1	0s		3 x AMRAP	
A2	Bent Over Band Pull Apart							Supine Band Pull Apart
Week 1		3	12-15	Control	60s		same rep/set scheme	
Week 2		3	12-15	Control	60s		same rep/set scheme	
Week 3		3	14-18	Control	60s		same rep/set scheme	
Week 4		4	14-18	Control	60s		same rep/set scheme	
Week 5		4	16-20	Control	60s		same rep/set scheme	
Week 6		4	AMRAP	Control	60s		same rep/set scheme	
B1	Chin-Up or Assisted Chin-Up							TRX Row
Week 1	Rep max: Wt ___ x Reps ___	3	4-6	Control	0s		3 x 10-15	
Week 2		3	4-6	Control	0s		3 x 10-15	
Week 3		3	5-8	Control	0s		3 x 10-15	
Week 4		3	5-8	Control	0s		3 x 12-16	
Week 5		3	6-8	Control	0s		3 x 12-16	
Week 6	Rep max: Wt ___ x Reps ___	3	6-8	Control	0s		3 x AMRAP	
B2	Seated Cable Row							1-Arm DB Row
Week 1		3	10/5	Control	60s		same rep/set scheme	
Week 2		3	10/5	Control	60s		same rep/set scheme	
Week 3		3	12/4	Control	60s		same rep/set scheme	
Week 4		3	12/4	Control	60s		same rep/set scheme	
Week 5		3	12/6/4	Control	60s		same rep/set scheme	
Week 6		3	12/6/4	Control	60s		same rep/set scheme	

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Phase 13 – Transformation B Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
C1	Landmine Crush Grip Incline Press						Squeeze palms together as hard as possible, on the AMRAP sets in weeks 3-6 there is NO tempo.	Seated Crush Grip Press Out
Week 1		3	8	2-2-2	0s			same rep/set scheme
Week 2		3	8	2-2-2	0s			same rep/set scheme
Week 3		3	8/AMRAP	2-2-2	0s			same rep/set scheme
Week 4		3	8/AMRAP	2-2-2	0s			same rep/set scheme
Week 5		3	10/AMRAP	2-2-2	0s			same rep/set scheme
Week 6		3	10/AMRAP	2-2-2	0s			same rep/set scheme
C2	Side Plank with Top Leg March							Side Plank
Week 1		3	15 sec		60s			same rep/set scheme
Week 2		3	20 sec		60s			same rep/set scheme
Week 3		3	25 sec		60s			same rep/set scheme
Week 4		3	30 sec		60s			same rep/set scheme
Week 5		3	35 sec		60s			same rep/set scheme
Week 6		3	40 sec		60s			same rep/set scheme
D1	Alternating Supinated Bicep Curl						Or bicep version of your choice.	Alternating Hammer Curl
Week 1		3	30 sec	Control	0s			same rep/set scheme
Week 2		3	40 sec	Control	0s			same rep/set scheme
Week 3		3	40 sec	Control	0s			same rep/set scheme
Week 4		3	50 sec	Control	0s			same rep/set scheme
Week 5		4	60 sec	Control	0s			same rep/set scheme
Week 6		4	60 sec	Control	0s			same rep/set scheme
D2	DB Skull Crusher						No rest between sets	DB Tricep Extension
Week 1		3	30 sec	Control	0s			same rep/set scheme
Week 2		3	40 sec	Control	0s			same rep/set scheme
Week 3		3	40 sec	Control	0s			same rep/set scheme
Week 4		3	50 sec	Control	0s			same rep/set scheme
Week 5		4	60 sec	Control	0s			same rep/set scheme
Week 6		4	60 sec	Control	0s			same rep/set scheme

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Phase 13 – Transformation B Continued

<p>E</p>	<p><u>Energy System Work</u></p> <ul style="list-style-type: none"> • Mountain Climb for 60 seconds • Cycle Jump for 15 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 	<p><u>Finisher</u></p> <p>DB complex: 10 reps each</p> <ul style="list-style-type: none"> • DB Reverse Lunge • Squat Jump • Opposite Side Elbow to Knee Plank <p>AMRAP (as many rounds as possible) with remaining time</p>	<p>Weeks:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>
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SPB

Phase 13 – Transformation C

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Deadlift	Use ramp sets as needed. Don't go right to working weight.						See deadlift video.	DB/KB Deadlift
Week 1	Rep max: Wt ___ x Reps ___	3	6	Control	0s			3 x 12	
Week 2		3	6	Control	0s			3 x 12	
Week 3		3	5	Control	0s			3 x 10	
Week 4		3	5	Control	0s			3 x 10	
Week 5		4	3	Control	0s			3 x 6-8	
Week 6	Rep max: Wt ___ x Reps ___	4	3	Control	0s			3 x 6-8	
A2	Inverted Row							Bend knees if needed to scale.	3-Point Row
Week 1		2	10-15	Control	60s			same rep/set scheme	
Week 2		2	10-15	Control	60s			same rep/set scheme	
Week 3		2	12-18	Control	60s			same rep/set scheme	
Week 4		2	12-18	Control	60s			same rep/set scheme	
Week 5		2	AMRAP	Control	60s			same rep/set scheme	
Week 6		2	AMRAP	Control	60s			same rep/set scheme	
B1	Step-Ups on Bench							You can alternate or perform all reps on one side, the choice is yours.	Step-Up to Low Box
Week 1		2	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	12/side	Control	0s			same rep/set scheme	
Week 5		3	12/side	Control	0s			same rep/set scheme	
Week 6		3	8/side	Control	0s			same rep/set scheme	
B2	DB Push Press							Minimal bent in knees, drive through legs to overhead position.	DB Shoulder Press
Week 1		2	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	12	Control	60s			same rep/set scheme	
Week 5		3	8	Control	60s			same rep/set scheme	
Week 6		3	6-8	Control	60s			same rep/set scheme	

Phase 13 – Transformation C Continued



ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
C1	RFE DB/KB RDL	Use ramp sets as needed. Don't go right to working weight.						Keep spine in neutral. Control breathing/bracing.	DB/KB RDL
Week 1		2	12-15/side	Control	0s		2 x 12-15		
Week 2		3	12-15/side	Control	0s		3 x 12-15		
Week 3		3	8-12/side	Control	0s		3 x 8-12		
Week 4		3	8-12/side	Control	0s		3 x 8-12		
Week 5		3	6-10/side	Control	0s		3 x 6-10		
Week 6	Same wt as week 5	3	AMRAP	Control	0s		3 x 6-10		
C2	Bent Over DB Rear Delt Fly OR DB Lateral Raise							Pick one: bent over rear delt fly or lateral raise	Seated Rear Delt Fly
Week 1		2	20	1-2-1	60s		same rep/set scheme		
Week 2		3	15	1-2-1	60s		same rep/set scheme		
Week 3		3	15	1-2-1	60s		same rep/set scheme		
Week 4		3	12	1-2-1	60s		same rep/set scheme		
Week 5		3	12	1-2-1	60s		same rep/set scheme		
Week 6		3	8	1-2-1	60s		same rep/set scheme		
D1	TRX Reverse Nordics							Use arms to start, try to reduce upper extremity assistance over the next 6 weeks.	Wall Sit
Week 1		2	4-6	Control	0s		3 x 10 sec		
Week 2		3	4-6	Control	0s		3 x 15 sec		
Week 3		3	5-8	Control	0s		3 x 15 sec		
Week 4		3	5-8	Control	0s		3 x 20 sec		
Week 5		3	6-10	Control	0s		3 x 20 sec		
Week 6		3	6-10	Control	0s		3 x 30 sec		
D2	Half-Kneeling Landmine Press							Same knee down as arm working, don't lean to side or over arch low back, lean and reach as you press.	Standing Landmine Press
Week 1		2	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		
Week 5		3	8-12/side	Control	60s		same rep/set scheme		
Week 6		3	8-12/side	Control	60s		same rep/set scheme		

SPB

Phase 13 – Transformation C Continued

<p>E</p>	<p><u>Energy System Work</u></p> <ul style="list-style-type: none"> • Jog in place for 60 seconds • Battle rope for 15 seconds • Continuous until out of time • Keep heart rate 60-79% (blue-green zones or slightly out of breath) 	<p><u>Finisher</u></p> <p>10 reps each (all body weight)</p> <ul style="list-style-type: none"> • Side Bridge with Trunk Rotation • TRX Row/Y/Press • Cossack Squat <p>AMRAP (as many rounds as possible) with remaining time</p>	<p>Weeks:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>
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