

Phase 1 – Transformation A

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
A1	DB/KB Bulgarian Split Squat	Use ramp sets as needed. Don't go right to working weight. Increase weight every other week.					Equal pressure in foot, shin/torso angle parallel. Control breathing	DB/KB Split Squat
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	12/side	Control	0s			same rep/set scheme
Week 4		3	12/side	Control	0s			same rep/set scheme
Week 5		3	10/side	Control	0s			same rep/set scheme
Week 6		3	10/side	Control	0s			same rep/set scheme
A2	Slide Board Hamstring Eccentrics						Keep pressure through foot, toes stay pointed. Lower down for 3 seconds, butt hits the ground, pull heels to butt, bridge up and repeat.	
Week 1		3	15	1-3-1	60s			
Week 2		3	15	1-3-1	60s			
Week 3		3	15	1-3-1	60s			
Week 4		3	15	1-3-1	60s			
Week 5		3	12	1-3-1	60s			
Week 6		3	12	1-3-1	60s			
B1	Alternating Tall-Kneeling DB Shoulder Press	Use ramp sets as needed. Don't go right to working weight. Increase weight every other week.					Hold in the overhead position, alternate between arms pressing. Slight arch in low back, brace to prevent over arching low back.	High Incline DB Bench Press
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	12/side	Control	0s			same rep/set scheme
Week 4		3	12/side	Control	0s			same rep/set scheme
Week 5		3	10/side	Control	0s			same rep/set scheme
Week 6		3	10/side	Control	0s			same rep/set scheme
B2	Split Stance Mid Cable Row	Use ramp sets as needed. Don't go right to working weight. Increase weight every week if able.						Half-Kneeling Cable/Resistance Band Row
Week 1		3	15/side	Control	60s			same rep/set scheme
Week 2		3	15/side	Control	60s			same rep/set scheme
Week 3		3	15/side	Control	60s			same rep/set scheme
Week 4		3	15/side	Control	60s			same rep/set scheme
Week 5		3	15/side	Control	60s			same rep/set scheme
Week 6		3	15/side	Control	60s			same rep/set scheme

Phase 1 – Transformation A Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
C1	Hack Squat						Use foam roller on wall, keep hips tucked under body, don't allow hips to drift toward the wall as you lower. Lower down 3 seconds, pause 2 seconds, up 1 second.	Heel Elevated Goblet Squat	
Week 1		3	15	3-2-1	0s			same rep/set scheme	
Week 2		3	15	3-2-1	0s			same rep/set scheme	
Week 3		3	15	3-2-1	0s			same rep/set scheme	
Week 4		3	15	3-2-1	0s			same rep/set scheme	
Week 5		3	12	3-2-1	0s			same rep/set scheme	
Week 6		3	12	3-2-1	0s			same rep/set scheme	
C2	Prone O						Keep abs engaged, no arch in low back, increase difficulty by adding 2.5lb change plates.	Prone O off Bench	
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	
Week 5		3	10	Control	60s			same rep/set scheme	
Week 6		3	10	Control	60s			same rep/set scheme	
D1	Box Jump	Box height is not the focus! Perfect technique with triple extension is the focus							Jump Rope
Week 1	Non-Counter movement	3	6	Explosive	0s		3 x 30 seconds		
Week 2	Non-Counter movement	3	6	Explosive	0s		3 x 30 seconds		
Week 3	Counter movement	3	6	Explosive	0s		3 x 30 seconds		
Week 4	Counter movement	3	6	Explosive	0s		3 x 45 seconds		
Week 5	Double Contact	3	6	Explosive	0s		3 x 45 seconds		
Week 6	Double Contact	3	6	Explosive	0s		3 x 45 seconds		
D2	1-DB March						Shoulders should stay parallel to floor. Don't lean away from weight. Only increase weight if technique is perfect.	Side Plank	
Week 1		3	30s/side	Control	60s			3 x 15 s/side	
Week 2		3	30s/side	Control	60s			3 x 15 s/side	
Week 3		3	30s/side	Control	60s			3 x 20 s/side	
Week 4		3	30s/side	Control	60s			3 x 20 s/side	
Week 5		3	30s/side	Control	60s			3 x 30 s/side	
Week 6		3	30s/side	Control	60s			3 x 30 s/side	

Phase 1 – Transformation A Continued

E	<p style="text-align: center;"><u>Energy System Work</u></p> <ul style="list-style-type: none">• Low box step up for 60 seconds• Battle rope for 10 seconds• Continuous until out of time• Keep heart rate 60-79% (blue-green zones or slightly out of breath)	<p style="text-align: center;"><u>Finisher</u></p> <p>DB complex: 10 reps each</p> <ul style="list-style-type: none">• DB Thruster• DB Bent Over Row <p style="text-align: center;">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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Phase 1 – Transformation B

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Goblet Forward into Reverse Lunge	Use ramp sets as needed. Don't go right to working weight.							Goblet Reverse Lunge
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	12/side	Control	0s			same rep/set scheme	
Week 4		3	12/side	Control	0s			same rep/set scheme	
Week 5		3	10/side	Control	0s			same rep/set scheme	
Week 6		3	10/side	Control	0s			same rep/set scheme	
A2	Toe Raise on Wall							Back on wall, one foot length from wall to start, foot flat, pull toes off the ground and come up as high as possible. To increase difficulty move feet away from wall or progress to TRX Strap.	
Week 1		3	AMRAP	Control	60s				
Week 2		3	AMRAP	Control	60s				
Week 3		3	AMRAP	Control	60s				
Week 4		3	AMRAP	Control	60s				
Week 5		3	AMRAP	Control	60s				
Week 6		3	AMRAP	Control	60s				
B1	Low Incline DB Bench Press							Use 1 st or 2 nd position on bench.	DB Bench Press
Week 1		3	20	Control	0s		same rep/set scheme		
Week 2		3	20	Control	0s		same rep/set scheme		
Week 3		3	20	Control	0s		same rep/set scheme		
Week 4		3	20	Control	0s		same rep/set scheme		
Week 5		3	15	Control	0s		same rep/set scheme		
Week 6		3	15	Control	0s		same rep/set scheme		
B2	Prone Row to External Rotation							Minimal to no weight required with correct technique. Keep head on bench to protect neck, motion should all come from shoulder. Pause 3 seconds in top position.	Prone Y
Week 1		3	8	1-3-1	60s		same rep/set scheme		
Week 2		3	8	1-3-1	60s		same rep/set scheme		
Week 3		3	10	1-3-1	60s		same rep/set scheme		
Week 4		3	10	1-3-1	60s		same rep/set scheme		
Week 5		3	12	1-3-1	60s		same rep/set scheme		
Week 6		3	12	1-3-1	60s		same rep/set scheme		

Phase 1 – Transformation B Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
C1	Elbows to Hands Plank March						Feet wider than hips, there should be minimal hip motion or side to side motion.	Prone Plank
Week 1		3	30 s	Control	0s			same rep/set scheme
Week 2		3	30 s	Control	0s			same rep/set scheme
Week 3		3	40 s	Control	0s			same rep/set scheme
Week 4		3	40 s	Control	0s			same rep/set scheme
Week 5		3	50 s	Control	0s			same rep/set scheme
Week 6		3	50 s	Control	0s			same rep/set scheme
C2	Half Squat Isometric Band Pull Apart							Supine Resistance Band Pull Apart
Week 1		3	30 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	40 s	Control	60s			same rep/set scheme
Week 5		3	50 s	Control	60s			same rep/set scheme
Week 6		3	50 s	Control	60s			same rep/set scheme
D1	Close Grip Push-Up						RIR= Reps In Reserve, 3 RIR = 3 reps from failure. Modify as needed. RECORD REPS COMPLETED FOR EACH SET AND EACH WEEK!	Modified Close Grip Push-Up
Week 1		3	3 RIR	Control	0s			same rep/set scheme
Week 2		3	3 RIR	Control	0s			same rep/set scheme
Week 3		3	2 RIR	Control	0s			same rep/set scheme
Week 4		3	2 RIR	Control	0s			same rep/set scheme
Week 5		3	1 RIR	Control	0s			same rep/set scheme
Week 6		3	0 RIR	Control	0s			same rep/set scheme
D2	Seated Lat Pull-Down							Half-Kneeling Resistance Band Pull Down
Week 1		3	30	Control	60s			same rep/set scheme
Week 2		3	30	Control	60s			same rep/set scheme
Week 3		3	25	Control	60s			same rep/set scheme
Week 4		3	25	Control	60s			same rep/set scheme
Week 5		3	20	Control	60s			same rep/set scheme
Week 6		3	20	Control	60s			same rep/set scheme

Phase 1 – Transformation B Continued

E	<u>Energy System Work</u>	<u>Finisher</u>	<u>Weeks:</u>
	<ul style="list-style-type: none">• Mountain Climb for 60 seconds• Cycle Jump for 10 seconds• Continuous until out of time• Keep heart rate 60-79% (blue-green zones or slightly out of breath)	Complex: 10 reps each <ul style="list-style-type: none">• Goblet Cossack Squat• DB Floor Press• V-Up <p>AMRAP (as many rounds as possible) with remaining time</p>	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

Phase 1 – Transformation C

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE	
A1	Barbell RDL	Use ramp sets as needed. Don't go right to working weight.						Drive with heels, ribs down with abs tight. Should feel more in glutes than back.	DB RDL
Week 1		3	15	Control	0s		same rep/set scheme		
Week 2		3	15	Control	0s		same rep/set scheme		
Week 3		3	15	Control	0s		same rep/set scheme		
Week 4		3	15	Control	0s		same rep/set scheme		
Week 5		3	12	Control	0s		same rep/set scheme		
Week 6		3	12	Control	0s		same rep/set scheme		
A2	TRX Row								
Week 1		3	30 s	Control	60s				
Week 2		3	30 s	Control	60s				
Week 3		3	40 s	Control	60s				
Week 4		3	40 s	Control	60s				
Week 5		3	50 s	Control	60s				
Week 6		3	50 s	Control	60s				
B1	Single Leg Bridge off Bench							Pressure in heels, keep low back flat, double chin to protect spine.	Single Leg Bridge off Floor
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	12/side	Control	0s		same rep/set scheme		
Week 4		3	12/side	Control	0s		same rep/set scheme		
Week 5		3	15/side	Control	0s		same rep/set scheme		
Week 6		3	15/side	Control	0s		same rep/set scheme		
B2	Ab Wheel Roll Out							RIR= Reps In Reserve, 3 RIR = 3 reps from failure. Keep glutes engaged, slight round in spine, no arch in low back.	Quadruped Walk Out
Week 1		3	3 RIR	Control	60s		same rep/set scheme		
Week 2		3	3 RIR	Control	60s		same rep/set scheme		
Week 3		3	2 RIR	Control	60s		same rep/set scheme		
Week 4		3	2 RIR	Control	60s		same rep/set scheme		
Week 5		3	1 RIR	Control	60s		same rep/set scheme		
Week 6		3	0 RIR	Control	60s		same rep/set scheme		

Phase 1 – Transformation C Continued

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	WEIGHT USED	NOTES	SUBSTITUTE
C1	Goblet Lateral Step Up						Minimize push off with opposite leg.	Low Box Step Up
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	12/side	Control	0s			same rep/set scheme
Week 4		3	12/side	Control	0s			same rep/set scheme
Week 5		3	10/side	Control	0s			same rep/set scheme
Week 6		3	10/side	Control	0s			same rep/set scheme
C2	DB Alternating Bicep Curl							Hammer Curl
Week 1		3	30	Control	60s			same rep/set scheme
Week 2		3	30	Control	60s			same rep/set scheme
Week 3		3	25	Control	60s			same rep/set scheme
Week 4		3	25	Control	60s			same rep/set scheme
Week 5		3	20	Control	60s			same rep/set scheme
Week 6		3	20	Control	60s			same rep/set scheme
D1	Half-Kneeling Cable Facepull						Push front leg into ground, don't arch low back. Pull metal attachment toward forehead.	
Week 1		3	30	Control	0s			
Week 2		3	30	Control	0s			
Week 3		3	25	Control	0s			
Week 4		3	25	Control	0s			
Week 5		3	20	Control	0s			
Week 6		3	20	Control	0s			
D2	Single Leg Heel Raise off Step						RIR= Reps In Reserve, 3 RIR = 3 reps from failure. Keep pressure under big toe.	Heel Raise off Step
Week 1		3	3 RIR	Control	60s			same rep/set scheme
Week 2		3	3 RIR	Control	60s			same rep/set scheme
Week 3		3	2 RIR	Control	60s			same rep/set scheme
Week 4		3	2 RIR	Control	60s			same rep/set scheme
Week 5		3	1 RIR	Control	60s			same rep/set scheme
Week 6		3	0 RIR	Control	60s			same rep/set scheme

Phase 1 – Transformation C Continued

E	<u>Energy System Work</u>	<u>Finisher</u>	<u>Weeks:</u>
	<ul style="list-style-type: none">• Jog in place for 60 seconds• Battle rope for 10 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">• Side Bridge with Trunk Rotation• TRX Y• Overhead Med Ball Slam <p>AMRAP (as many rounds as possible) with remaining time</p>	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____