KATOA FITNESS 8-WEEK WORKOUT GUIDE

BY ELIZA KATOA

ABOUT ME

MY NAME IS ELIZA KATOA

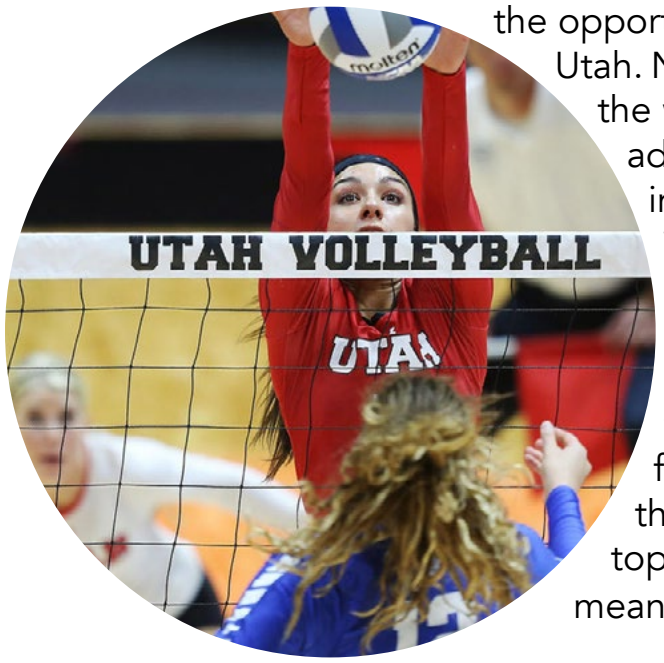
AND THANK YOU FOR PURCHASING MY WORKOUT GUIDE!

I'm excited to share my love and passion for healthy living and fitness with you.

HOW I STARTED

I've had a sincere love for fitness and healthy living throughout my life. My parents were All-American collegiate athletes in their respective sports and all 6 of my siblings played/play sports. This created an environment of hard work and discipline that went hand in hand with physical activity and healthy eating. I learned how to set goals and establish healthy habits from a young age.

As a little girl, I'd sit on the living-room floor doing sit-ups so I could "be like Mia Hamm." I've always had a competitive spirit and sports were the perfect outlet for me. I started playing volleyball at the age of 11 and had a dream to play in college. I fulfilled that dream and had the opportunity to play Division-1 Pac-12 Volleyball at The University of Utah. No doubt, one of my favorite things about being an athlete was the weight room. The team atmosphere, the loud music, and the adrenaline of setting a new personal best was always exhilarating for me. Throughout my career, I had the privilege of working with an elite team of strength coaches, nutritionists, sports scientists, athletic trainers, and physical therapists. Being around these experts inspired me to get into the health and fitness industry so I could share the amazing things I've learned throughout my fitness journey. Although I was committed and focused on getting stronger, faster and more athletic, I learned that to perform my best I needed to make my overall health a top priority, which included more than just my physical health. It meant I needed to be healthy mentally, physically, and spiritually.



That is exactly what Katoa Fitness is all about. When translated, the word "Katoa" is used to indicate that something is all-encompassing, all-consuming or all-conquering. That's exactly what we're here to do--Conquer your fitness.

MY LIFE AS A PERSONAL TRAINER

I'm a NASM certified personal trainer and nutrition specialist, I own my own group training business, Katoa Fitness, and I have trained over 500 clients throughout my young career.

Every Monday through Friday, I put small to large groups of people through safe, research-based workouts that are designed to build lean muscle, burn calories, improve flexibility and balance while providing a motivating, intense and fun workout environment.

I also create customized online workout plans for my remote clients. I take pride in keeping up with the latest scientific research and best practices the fitness industry has to offer.

I am a fitness and lifestyle model and have worked for a variety of companies all over Utah including:

Icon Fitness
Blender Bottle
NuSkin
ACTA
Hydrojug
Young Living
Younique
Idealfit
DoTERRA
Unicity, FNX
Motivated Fitness
ZyiaActive
Thrive Life
Alpha Theory
DownEast

TESTIMONIALS

"Eliza is amazing and one of my dearest friends! Not only is she a fabulous trainer/athlete she is also a fabulous person outside of the gym. She genuinely cares about the people she works with and is willing to accommodate any of her client's needs. She is trustworthy, honest, dependable, genuine, and smart. ***Her workouts are incredible! You are guaranteed to feel better about yourself and walk away feeling empowered and motivated."***

BAYLEE PETERSON, CURRENT CLIENT

"I love Eliza's workouts. The workouts are always different and fun. I am always challenged, but Eliza is also great at modifying for injury. I look forward to working out with Eliza, she is always upbeat and encouraging. She works hard to help you succeed in your goals. She is interested in what your goals are and how she can help. ***I definitely feel stronger and more confident than a year ago. I*** *recommend her to anyone (from newbies to athletes) that is looking for a great workout.*

DEBBIE HONG, CURRENT CLIENT

"Eliza helps me to be confident and proud of how far I've come in my fitness journey. *Her workouts push me way further than I could push myself, and I really enjoy learning different lifting techniques and proper form. She always notices when I'm lifting heavier, and makes sure to give me a high five or a positive affirmation. Having a trainer that knows my personal capabilities and struggles helps me to push myself with the knowledge that I always have someone to back me up."*

ALEXA, CURRENT CLIENT

"I have worked with several trainers over the years, and Eliza is by far the best. She has the unique ability to kill you with a smile on her face. ***She is knowledgeable and constantly mixes up the workouts to push you a little harder each day.*** *I have brought in several friends with knee or shoulder issues and she is able to modify the workouts based on individual circumstances."*

DON LOVELACE, CURRENT CLIENT

"What puts Eliza on top of the rest of the game is her HEART! ***This girl is positive vibes all the way! She's a true professional and evidence based in workouts and nutritional guidance.*** *AND she cheers on ALL her clients. I'm constantly seeing results and I love the challenging and diverse workouts Eliza is able to create in a group setting!"*

MELISSA, CURRENT CLIENT

"Eliza is one of a kind! She brings out the warrior in me and my sisters and instills a confidence in us that you can't get from just anyone. Her work-outs are empowering and bring quick results. ***I have never felt stronger mentally and physically because of her workouts.*** *My sisters and I are IN LOVE with Eliza and so, so grateful for all she's done for us!"*

MARITTA CARTER, CURRENT CLIENT

"Eliza is such an amazing trainer! She's incredibly enthusiastic and caring towards her clients. Her workouts are never boring and ***I've seen such amazing results in terms of strength, flexibility, and endurance!"***

LENA, CURRENT CLIENT

"Since November 2018, I've been working out with Eliza and have truly enjoyed the experience. Being accountable with my trainer is key for me, she genuinely cares when you are there and misses you when you aren't. Sticking with something long-term is not one of my strong points because I get bored easily. ***Eliza has structured the workouts so that no two sessions have been the same the entire time, and that has kept my interest level high!*** *I feel that Eliza truly understands how muscle groups work together and how to get the most out of your workout, she is great at modifying any of the workouts to adjust to your fitness level or injuries. Eliza is always so positive and makes training fun!"*

APRIL PARK, CURRENT CLIENT

ABOUT THE GUIDE

Once my volleyball career ended I felt a sincere desire to continue my fitness journey. I saw so clearly how hard work in the weight room correlated to high performance on the volleyball court. Proper nutrition and recovery were key elements in helping me maintain focus and energy throughout my rigorous training regimen. I experienced the many benefits that come from consistent healthy choices as a student athlete and I didn't want it to end there. I decided to pursue a career in the fitness industry to further my knowledge and share my experience with others.

This guide is a combination of split-body strength sessions, functional exercises, anaerobic & aerobic exercise, and high-intensity interval training. It is for those looking to burn fat and increase lean muscle mass. Each workout is intense, challenging and created to push you both physically and mentally.

BREAKDOWN

1. Make sure you download the PDF onto your phone and make sure it is easily accessible. You should also download the YouTube app. Each title for the day is a clickable link to a playlist that will show you how to do each workout.

2. Look over each workout a day before you complete it. That way you know what you need to do and what equipment you'll need access to while you're at the gym. This will ensure that you complete the workout in a timely manner.

3. Follow this guide closely by completing each workout in order every week. Each week will progressively get more challenging and will help you get stronger and establish healthy habits.

4. Allow yourself around an hour to complete majority of the workouts.

5. Complete the correct amount of reps and sets while maintaining proper form. If you are unfamiliar with an exercise, click on the title of the page and it will open a YouTube playlist of me demonstrating all of the exercises correctly.

6. Move quickly from exercise to exercise to get it done in a timely manner. Give your best effort to keep the workout intense and your heart rate up. You will burn more calories and most importantly, you will push yourself.

7. Listen to your body and be aware of any limitations you may have during each workout. This type of training is intense and may be new for you, so be sure to warm-up and cool down correctly to avoid injury. If you are sore be sure to foam roll, stretch, and hydrate to aid recovery.

8. For optimal results, you should pair this workout guide with a healthy diet and fuel your body with nutrient-dense foods.

I PERSONALLY USE THIS GUIDE

It's also important to note this guide comes directly from workouts I do every day. I feel adamant that a personal trainer should practice what they preach and, after a lot of trial, error, and research, I created a program that I felt confident would help others take their fitness to the next level. It is intense, challenging, and most importantly, it's fun! I want you to become your very best by sharing the tools and skills I have learned in my athletic experience and professional career to help you reach your fitness goals. I want to help you feel stronger, happier, healthier and more confident.

HEADS UP!

As with all workouts, bodies are different, so listen to your body and modify if necessary. If you have any injuries or limitations don't hesitate to reach out to me via email and I will modify the workout according to your needs.

ekatoafitness@gmail.com

TERMS TO KNOW

REP OR REPETITION: **Is one complete motion of an exercise**
ie:3x10 push-ups means that you would complete 10 repetitions of a push-up.

SET: **Is a group of consecutive repetitions.**
ie: 3x10 push-ups means that you would complete 10 repetitions of a push-up 3 times. By the end of the set you will have done a total of 30 push-ups broken up into groups of 3.

SUPERSET: **Perform two exercises back-to-back with little to no rest between. This extends the duration of the set and ensures that the target muscles work harder than normal.**

TRI-SET: **Perform three exercises one after another without any rest in between. These save time and raise metabolism.**

CIRCUIT: **Perform all of the exercises listed under the circuit consecutively with little rest between each exercise.**

AMRAP: **Is defined as an abbreviation that means "as many reps as possible," meaning to do a circuit of exercises as many times as possible within a specific period of time.**

HIIT (HIGH INTENSITY-INTERVAL TRAINING): **Is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. Give your best effort during the work period and take full advantage of the rest period.**

BURNOUT: **This is the last couple exercises of your workout for that day. This is meant to exhaust you physically and so I want you to push yourself mentally while giving each rep your best effort.**

DEADMILL: **Is a sprint on the treadmill except the treadmill is completely turned off or unplugged for the duration of the exercise. You will hold the front of the treadmill with both hands while driving through your legs and pushing with your hands to get the belt moving. Move your legs as fast as possible.**

TIPS FOR SUCCESS

- Complete all five workouts for the given week. You don't have to do all five workouts in a row. You can choose to take your two rest days anytime during the week. For example, you could choose to rest on Wednesday and Sunday.

- Properly warm-up and cool down after each workout.

- Make every rep count & maintain proper form for each exercise. Pay close attention to the video demonstrations.

- Do your best to listen to your body when working out. Limit rest time to keep your heart rate up to increase calorie burn. If you feel light-headed or dizzy, sit down until you feel better.

- Make sure to consume protein within 20-30 minutes after completing your workout. This will aid in optimal muscle repair and rebuilding. I would stick to organic plant-based or grass-fed whey protein powders. Avoid protein powders with artificial sweeteners like sucralose or aspartame. Remember to include protein in each meal and snack. Stick to protein sources like wild-caught fish, free-range organic chicken, beans, vegetables, such as kale and spinach, grass-fed dairy, nuts, nut butter, seeds, & whole grains.

- Focus on getting your carbohydrates from natural, less processed sources of food like fruits, vegetables, quinoa, beans, plantains, potatoes, beets, sweet potatoes, & whole grains. Limit processed, artificially sweetened foods packed with white flour and white sugar.

- Stay hydrated and do your best to consume water consistently throughout your day. I would aim to drink a minimum of 75 ounces of water every day. Ideally, you should work up to consuming 1 gallon of water daily.

- Get 7-9 hours of sleep to help aid recovery from intense training and to ensure optimal muscular strength and power. Inadequate sleep can increase the risk of injury.

- Plan your workouts at the beginning of the week. Schedule it into your day and commit to get it done.

- Be consistent and follow this program closely. Make it a habit to hit the gym daily. Consistency is going to be the number one key factor in seeing results. When motivation fails, discipline & habits you've created will help keep you going.

MEASURING PROGRESS

IF YOU CHOOSE TO WEIGH YOURSELF TO MEASURE PROGRESS, PLEASE NOTE: **the scale doesn't know the difference between muscles and body fat, it calculates them the same. Weight loss and fat loss are not the same thing. You can lose body fat and gain weight at the same time because muscle weighs more than fat. Another option to help you track progress is to measure your body fat.**

HOWEVER, ONE OF MY FAVORITE AND MOST SIMPLE WAYS TO MEASURE PROGRESS **is to take weekly photos first thing in the morning on the same day of every week. After completing the 8-week program compare your pictures from the first week to the eighth week.**

WARMUP&COOLDOWN

LOWER BODY FOCUSED
COMPLETE 10-20 REPS OF EACH MOVEMENT
LEG SWINGS
HIGH KNEE PULL
ANKLE PULL
LATERAL LUNGE
WORLD'S GREATEST STRETCH
LUNGE AND TWIST
BUTT KICKS
HIGH KNEES
JUMPING JACKS
SQUATS

UPPER BODY FOCUSED
COMPLETE 10-20 REPS OF EACH MOVEMENT
CAT COW
ARM CIRCLES - BACKWARD DIRECTION
ARM CIRCLES - FORWARD DIRECTION
CHILD'S POSE TO HIGH PLANK SINGLE- ARM REACH
KNEELING OVERHEAD SIDETO SIDE STRETCH
INCHWORM
SCAP PUSH-UPS
CHEST-TO-GROUND PUSH-UPS
JUMPING JACKS

COOLDOWN
HOLD EACH MOVEMENT FOR 30 SECONDS - 1 MINUTE
LYING KNEE TO CHEST STRETCH
LYING FIGURE FOUR STRETCH
LYING HAMSTRING STRETCH
90/90 OR PIGEON STRETCH
LYING QUAD STRETCH
CHILD'S POSE
CHILD'S POSE ALTERNATING ARM STRETCH ACROSS BODY
ALTERNATING CALF STRETCH
CAT COW
FROG STRETCH
SPHINX POSE
LUNGING HIP FLEXOR STRETCH WITH ARM STRETCH
KNEELING OVERHEAD SIDE TO SIDE STRETCH
STANDING TRICEP STRETCH
KNEES TO ELBOWS HIP FLEXOR STRETCH

WEEK 1

LOWERBODY

CLICK TITLE FOR VIDEOS

WARM UP

STAIR STEPPER | LEVEL 6 | 5 MINUTES

STAIR STEPPER | LEVEL 8 | 5 MINUTES

STAIR STEPPER | LEVEL 7 | SKIP A STEP | 1 MINUTE

REPS	THE WORKOUT
3X10	BARBELL BACK SQUATS
3X10	HIP THRUSTS
3X8	BARBELL ROMANIAN DEADLIFT
3X6 EACH LEG	FRONT FOOT ELEVATED REVERSE LUNGE TO KNEE DRIVE
3X20 TOTAL	BANDED LATERAL STEP TO SQUAT JUMP
3X5 EACH LEG	WEIGHTED BULGARIAN SPLIT SQUAT
3X8 EACH SIDE	LATERAL SHIFTS

REPS	SUPERSET ONE
3X12	HIP ABDUCTION
3X12	BODYWEIGHT PLIE SQUATS

WEEK 1

BACK & BICEPS

CLICK TITLE FOR VIDEOS

WARM UP

RUN 400 METERS ON TREADMILL
STEP OFF TREADMILL AND COMPLETE 1 MINUTE OF JUMPING JACKS
REPEAT 2X

REPS	THE WORKOUT
3X6	SEATED PULL-UPS ON BARBELL
REPS	SUPERSET ONE
3X10	LAT PULL-DOWN
3X10	BICEPS CURL
REPS	SUPERSET TWO
3X10	CLOSE GRIP SEATED CABLE ROW
3X30	MOUNTAIN CLIMBERS
REPS	TRI-SET ONE
3X10	STRAIGHT-ARM CABLE PULLDOWN
3X20 SEC	PLANK JACKS
3X10	ROPE FACE PULLS
REPS	SUPERSET THREE
3X10	PRONE BENCH DUMBBELL LATERAL RAISE
3X10	HAMMER CURL TO OVERHEAD PRESS
REPS	OPTIONAL HIIT BURNOUT: 12 MINUTE AMRAP
10	HIGH PLANK PIKE REACH-OUT
50	JUMP ROPE
5	INCHWORM PUSH-UP
50	JUMP ROPE
5	INCHWORM PLANK
10	PRISONER SQUAT

WEEK 1

CARDIO & CORE

CLICK TITLE FOR VIDEOS

WARM UP

INCLINE TREADMILL WALK
INCLINE: 9.0 | SPEED: 3.5 MPH | DURATION: 20 MINUTES

BODYWEIGHT HIIT

COMPLETE EACH EXERCISE FOR SPECIFIED AMOUNT OF TIME AND THEN REST FOR SPECIFIED AMOUNT OF TIME. MOVE ON TO THE NEXT EXERCISE AND REPEAT. COMPLETE ALL 8 EXERCISES FOR EACH ROUND.

THE WORKOUT

- BURPEES
- HIGH KNEE SPRINT IN PLACE
- LOW PLANK PUNCHES
- LATERAL BOUNDS
- HIGH PLANK TOE TAPS
- WEIGHTED SIT-UPS
- DUMBBELL OVERHEAD HOLD KNEEL TO STAND
- SIDE PLANK DIPS (EACH SIDE)
- JUMP ROPE

ROUND ONE

- 20 SECONDS OF WORK | 10 SECONDS OF REST
- REPEAT 1X FOR EACH MOVEMENT
- REST 1 MINUTE

ROUND TWO

- 30 SECONDS OF WORK | 20 SECONDS OF REST
- REPEAT 1X FOR EACH MOVEMENT
- REST 1 MINUTE

ROUND THREE

- 40 SECONDS OF WORK | 30 SECONDS OF REST
- REPEAT 1X FOR EACH MOVEMENT
- REST 1 MINUTE

ROUND FOUR

- 50 SECONDS OF WORK | 30 SECONDS OF REST
- REPEAT 1X FOR EACH MOVEMENT
- REST 1 MINUTE

WEEK 1

CHEST, SHOULDERS & TRICEPS

CLICK TITLE FOR VIDEOS

REPS	SUPERSET ONE
3X10	SMITH MACHINE UPRIGHT ROW
3X18	LOW PLANK ROTATIONS

REPS	SUPERSET TWO
3X5 EACH ARM	KETTLEBELL UPSIDE DOWN PRESS
3X10	PLATE Y-RAISE

REPS	CIRCUIT ONE
3X10	SEATED ARNOLD PRESS
3X10	SEATED DUMBBELL TRICEPS EXTENSIONS
3X16 TOTAL	HIGH PLANK LATERAL TOE TAPS
3X10	DUMBBELL CRUSH PRESS

REPS	SUPERSET THREE
3X10	CABLE ROPE FRONT RAISE
3X10	HALF BURPEE

REPS	SUPERSET FOUR
3X10	BENCH DIPS
3X10	LYING DUMBBELL CHEST FLY

REPS	BURNOUT
15	SUMO DEADLIFT UPRIGHT ROW
15	BOX JUMPS
15	MEDBALL SLAMS

PERFORM 1-3 ROUNDS

WEEK 1

LOWERBODY

CLICK TITLE FOR VIDEOS

ADD A PAIR OF DUMBBELLS OR KETTLEBELLS TO EACH EXERCISE

REPS	PERFORM 8 CONSECUTIVE ROUNDS
10	GOBLET SQUATS
25 SEC	WALL SIT
10	SQUAT JUMPS

REPS	PERFORM 5 CONSECUTIVE ROUNDS
10	WEIGHTED STEP-UP TO KNEE DRIVE
10	ELEVATED DB HIP THRUSTS
10	BOX JUMPS
30	HIGH KNEE TOE TAPS

REPS	PERFORM 3 CONSECUTIVE ROUNDS
5 EACH LEG	LATERAL LUNGES
10	WALKING LUNGES
10	ALTERNATING LUNGE JUMPS

REPS	PERFORM 2 CONSECUTIVE ROUNDS
20 SEC	BANDED IN-N-OUT SQUATS
20 SEC	RIGHT LEG KNEELING GLUTE KICKBACKS
20 SEC	LEFT LEG KNEELING GLUTE KICKBACKS
10 BANDED	BANDED SQUAT TO HIP ABDUCTION

REPS	BURNOUT
400 METERS	RUN AS FAST AS POSSIBLE ON TREADMILL OR TRACK

TODAY IS YOUR DAY TO START FRESH.
TO EAT RIGHT. TO TRAIN HARD.
TO LIVE HEALTHY. TO BE PROUD.

WEEK 2

LOWERBODY

WARM UP

STAIR STEPPER | LEVEL 7 | 6 MINUTES

STAIR STEPPER | LEVEL 9 | 6 MINUTES

STAIR STEPPER | LEVEL 8 | SKIP A STEP | 1.5 MINUTES

REPS	THE WORKOUT
3X12	BARBELL BACK SQUATS
3X12	HIP THRUSTS
3X10	BARBELL ROMANIAN DEADLIFT
3X7 EACH LEG	FRONT FOOT ELEVATED REVERSE LUNGE TO KNEE DRIVE
3X22 TOTAL	BANDED LATERAL STEP TO SQUAT JUMP
3X6 EACH LEG	WEIGHTED BULGARIAN SPLIT SQUAT
3X10 EACH SIDE	LATERAL SHIFTS

REPS	SUPERSET ONE
3X15	HIP ABDUCTION
3X15	BODYWEIGHT PLIE SQUATS

WEEK 2

BACK & BICEPS

WARM UP

RUN 400 METERS ON TREADMILL
STEP OFF TREADMILL AND COMPLETE 1 MINUTE OF JUMPING JACKS
REPEAT 3X

REPS	THE WORKOUT
3X8	SEATED PULL-UPS ON BARBELL

REPS	SUPERSET ONE — GO HEAVIER EACH ROUND ON THE LAT PULL-DOWN
1X12/10/8/6	LAT PULL-DOWN
4X12	BICEPS CURL

REPS	SUPERSET TWO
3X12	CLOSE GRIP SEATED CABLE ROW
3X40	MOUNTAIN CLIMBERS

REPS	TRI-SET ONE
3X12	STRAIGHT-ARM CABLE PULLDOWN
3X30SEC	PLANK JACKS
3X12	ROPE FACE PULLS

REPS	SUPERSET THREE
3X12	PRONE BENCH DUMBBELL LATERAL RAISE
3X12	HAMMER CURL TO OVERHEAD PRESS

REPS	OPTIONAL HIIT BURNOUT: 14 MINUTE AMRAP
12	HIGH PLANK PIKE REACH-OUT
55	JUMP ROPE
6	INCHWORM PUSH-UP
55	JUMP ROPE
6	INCHWORM PLANK
12	PRISONER SQUAT

WEEK 2

CARDIO&CORE

WARM UP

INCLINE TREADMILL WALK
INCLINE: 10.0 | SPEED: 3.8 MPH | DURATION: 20 MINUTES

CARDIO: BIKE
DURATION: 15 MINUTES BIKE
RESISTANCE: MEDIUM
INTENSITY: PEDAL FAST AND HARD

CARDIO: ROW MACHINE
5 MINUTES ON THE ROW MACHINE | STEADY PACE

REPS	SUPERSET ONE
3X25 SEC	LOW PLANK HOLD
3X25 SEC	HIGH PLANK HOLD

REPS	SUPERSET TWO
3X10	V-UPS
3X25 SEC	FLUTTER KICKS

WEEK 2

CHEST, SHOULDERS & TRICEPS

REPS	SUPERSET ONE
3X12	SMITH MACHINE UPRIGHT ROW
3X20	LOW PLANK ROTATIONS

REPS	SUPERSET TWO
3X6 EACH ARM	KETTLEBELL UPSIDE DOWN PRESS
3X12	PLATE Y-RAISE

REPS	CIRCUIT ONE
3X12	SEATED ARNOLD PRESS
3X12	SEATED DUMBBELL TRICEPS EXTENSIONS
3X18 TOTAL	HIGH PLANK LATERAL TOE TAPS
3X12	DUMBBELL CRUSH PRESS

REPS	SUPERSET THREE
3X12	CABLE ROPE FRONT RAISE
3X12	HALF BURPEE

REPS	SUPERSET FOUR
3X12	BENCH DIPS
3X12	LYING DUMBBELL CHEST FLY

REPS	BURNOUT
20	SUMO DEADLIFT UPRIGHT ROW
20	BOX JUMPS
20	MEDBALL SLAMS

PERFORM 2-3 ROUNDS

WEEK 2

LOWERBODY

ADD A PAIR OF DUMBBELLS OR KETTLEBELLS TO EACH EXERCISE

REPS	PERFORM 10 CONSECUTIVE ROUNDS
10	BARBELL SQUATS
30 SEC	WALL SIT
10	SQUAT JUMPS

REPS	PERFORM 5 CONSECUTIVE ROUNDS
12	WEIGHTED STEP-UP TO KNEE DRIVE
12	ELEVATED DB HIP THRUSTS
12	BOX JUMPS
40	HIGH KNEE TOE TAPS

REPS	PERFORM 3 CONSECUTIVE ROUNDS
6 EACH LEG	LATERAL LUNGES
12	WALKING LUNGES
12	ALTERNATING LUNGE JUMPS

REPS	PERFORM 2 CONSECUTIVE ROUNDS
30 SECONDS	BANDED IN-N-OUT SQUATS
30 SECONDS	RIGHT LEG KNEELING GLUTE KICKBACKS
30 SECONDS	LEFT LEG KNEELING GLUTE KICKBACKS
12 BANDED	BANDED SQUAT TO HIP ABDUCTION

DISTANCE	BURNOUT
400 METERS	RUN AS FAST AS POSSIBLE ON TREADMILL OR TRACK REST 2 MINUTES | REPEAT 2X

FOCUS ON MAKING SMALL, SIMPLE CHANGES

SMALL CHANGES EVENTUALLY ADD UP TO HUGE RESULTS

WEEK 3

LOWERBODY

REPS	SUPERSET ONE
4X8 EACH LEG	WEIGHTED BULGARIAN SPLIT SQUAT
4X8	DUMBBELL OR BARBELL ROMANIAN DEADLIFTS

REPS	SUPERSET TWO
4X8	BARBELL TEMPO SQUATS
4X6 EACH LEG	OVERHEAD PLATE HOLD ALTERNATING CURTSY LUNGE

REPS	CIRCUIT ONE
3X12	KETTLEBELL SWING TO SQUAT
3X30	BANDED ABDUCTING FAST FEET
3X10	WALKING LUNGES WITH SINGLE-ARM KETTLEBELL OVERHEAD HOLD
3X15	BANDED IN-N-OUT SQUAT HOLD JUMPS

BURNOUT

TREADMILL SPRINTS: 20 SECONDS SPRINT | 40 SECONDS REST
STEP OFF TREADMILL AND DO 20 SECONDS OF ALTERNATING LUNGE JUMPS | REPEAT 8X

WEEK 3

BACK & BICEPS

WARM UP

ELLIPTICAL | LEVEL 8 | 1 MINUTE
STEP OFF ELLIPTICAL AND COMPLETE 20 SECONDS OF PUSH-UPS
REPEAT 4X

REPS	TRI-SET ONE
4X4	ASSISTED PULL-UPS WITH BANDS OR ON MACHINE
4X10	V-UPS
4X4	ASSISTED CHIN-UPS WITH BANDS OR ON MACHINE

REPS	TRI-SET TWO
3X10	SUPINATED BARBELL ROW
3X10	BARBELL BICEPS CURL
3X8 EACH ARM	ONE-ARM DUMBBELL ROW ON BENCH

REPS	TRI-SET THREE
3X10	DUMBBELL LAT PULLOVER
3X16	SIDE-TO-SIDE BENCH HOPS
3X10	BICEPS CURLS WITH SUPINATION

REPS	
3X8	BACK EXTENSIONS

HIIT BURNOUT: 30 SECONDS WORK | 30 SECONDS REST
BLAST OFF PUSH-UPS
DUMBBELL POWER SNATCH (LEFT ARM)
DUMBBELL POWER SNATCH (RIGHT ARM)
SINGLE-ARM ALTERNATING PLANK JACK

WEEK 3

CARDIO & CORE

COMPLETE EACH EXERCISE CONSECUTIVELY
REST 2-3 MINUTES BETWEEN ROUNDS

REPS	THE WORKOUT
10	BURPEE HOP OVER MEDBALL
30 YARD 80	SPRINT (DOWN & BACK) OR SLED PUSH (DOWN & BACK) *ALTERNATIVE OPTION IF YOU DON'T HAVE ROOM TO SPRINT* HIGH KNEE SPRINTS IN PLACE
50	MEDBALL MOUNTAIN CLIMBERS
15	MEDBALL SLAMS
12	MEDBALL SQUAT TO OVER-THE-SHOULDER TOSS
15	SIT-UPS WITH A JAB-CROSS

REPEAT 5 TIMES

BIKE INTERVALS
30 SECONDS HIGH RESISTANCE | FAST PEDAL
30 SECONDS LOW RESISTANCE | FAST PEDAL

REPEAT FOR 20 MINUTES

WEEK 3

CHEST, SHOULDERS & TRICEPS

FOR THE DUMBBELL BENCH PRESS, INCREASE WEIGHT EACH ROUND AS YOU DECREASE IN REPS
COMPLETE 1 MINUTE OF JUMPING JACKS BETWEEN EACH COMPLETED SET

REPS	SUPERSET ONE
1X10 / 1X8 / 1X6 / 1X4	DUMBBELL BENCH PRESS
4X1 MINUTE	JUMPING JACKS

REPS	SUPERSET TWO
3X10	CABLE PEC FLY
3X8 EACH ARM	CABLE LATERAL RAISES
1X80	HIGH KNEE SPRINT IN PLACE

REPS	TRI-SET ONE
3X6	TRICEPS PUSH-UP TO HIGH PLANK REACH
3X8	DUMBBELL FRONT RAISE TO UPRIGHT ROW
3X10	DUMBBELL SKULL CRUSHERS
1X40	LATERAL BOUNDS

REPS	TRI-SET TWO
3X10	SEATED AROUND THE WORLDS
3X10	REAR DELT RAISE
3X40 SEC	HIGH PLANK TOE TAPS
1X12	BURPEE THRUSTERS

REPS	BURNOUT
20 SECOND	WALKING PLANK ON TREADMILL
15 SECOND	REST
20 SECOND	DEADMILL SPRINT
20 SECOND	REST
10	PUSH UPS WITH PLANK KNEE TUCKS

REPEAT 4X

**DEADMILL: KEEP THE TREADMILL TURNED OFF/UNPLUGGED FOR THE DURATION OF THIS EXERCISE –YOU WILL BE DRIVING THROUGH YOUR LEGS AND PUSHING WITH YOUR HANDS ON THE TREADMILLS HANDLES TO GET THE BELT MOVING. SPRINT AS FAST AS POSSIBLE.*

WEEK 3

LOWERBODY

CIRCUIT

COMPLETE EACH EXERCISE CONSECUTIVELY
UNTIL YOU HAVE COMPLETED ALL 9 EXERCISES
REST 2-3 MINUTES | REPEAT 4-6X

REPS	THE WORKOUT
10	HEAVY GOBLET SQUAT + PULSE
10	DUMBBELL ROMANIAN DEADLIFT
8 EACH LEG	DUMBBELL SINGLE-LEG GLUTE BRIDGE
30 SEC EACH LEG	AROUND THE WORLD LUNGES
1 MIN QUICK FEET	EVERY 10 SECONDS CHEST TO GROUND BURPEE
15	SUMO STANCE DUMBBELL PULSES
20 SEC EACH LEG	DUMBBELL REVERSE LUNGE TO CLOSE LUNGE
8	KETTLEBELL WIDE SQUAT TO NARROW SQUAT JUMPS
30 SEC	ALTERNATING LUNGE JUMPS
2 MIN	JUMP ROPE

IT'S NOT ABOUT BEING PERFECT

IT'S*ABOUT*EFFORT

IT'S ABOUT SHOWING UP FOR YOURSELF.

EVERY.SINGLE.DAY.

WHEN YOU BRING THAT EFFORT, THAT IS WHERE TRANSFORMATION HAPPENS.
THAT IS HOW CHANGE OCCURS. THAT IS HOW YOU GROW.

WEEK 4

LOWERBODY

REPS	SUPERSET ONE
4X10EACH LEG	WEIGHTED BULGARIAN SPLIT SQUAT
4X10	DUMBBELL OR BARBELL ROMANIAN DEADLIFTS

REPS	SUPERSET TWO
4X10	BARBELL TEMPO SQUATS
4X8 EACH LEG	OVERHEAD PLATE HOLD ALTERNATING CURTSY LUNGE

REPS	CIRCUIT ONE
3X15	KETTLEBELL SWING TO SQUAT
3X35	BANDED ABDUCTING FAST FEET
3X12	WALKING LUNGES WITH SINGLE-ARM KETTLEBELL OVERHEAD HOLD
3X20	BANDED IN-N-OUT SQUAT HOLD JUMPS

BURNOUT

TREADMILL SPRINTS: 20 SECONDS SPRINT | 40 SECONDS REST
STEP OFF TREADMILL AND DO 20 SECONDS OF ALTERNATING LUNGE JUMPS | REPEAT 8X

WEEK 4

BACK & BICEPS

WARM UP

ELLIPTICAL | LEVEL 10 | 1 MINUTE
STEP OFF ELLIPTICAL AND COMPLETE 20 SECONDS OF PUSH-UPS
REPEAT 5X

REPS	TRI-SET ONE
4X5	ASSISTED PULL-UPS WITH BANDS OR ON MACHINE
4X12	V-UPS
4X5	ASSISTED CHIN-UPS WITH BANDS OR ON MACHINE

REPS	TRI-SET TWO
3X12	SUPINATED BARBELL ROW
3X12	BARBELL BICEPS CURL
3X10 EACH ARM	ONE-ARM DUMBBELL ROW ON BENCH

REPS	TRI-SET THREE
3X12	DUMBBELL LAT PULLOVER
3X18	SIDE-TO-SIDE BENCH HOPS
3X12	BICEPS CURLS WITH SUPINATION

REPS	
3X10	BACK EXTENSIONS

HIIT BURNOUT: 30 SECONDS WORK | 30 SECONDS REST
BLAST OFF PUSH-UPS
DUMBBELL POWER SNATCH (LEFT ARM)
DUMBBELL POWER SNATCH (RIGHT ARM)
SINGLE-ARM ALTERNATING PLANK JACK

WEEK 4

CARDIO & CORE

COMPLETE EACH EXERCISE AS FAST AS POSSIBLE.
YOU CAN BREAK UP THE REPS HOWEVER YOU WOULD LIKE BUT
TRY TO COMPLETE THE WHOLE THING IN LESS THAN 40 MINUTES

ORDER	THE WORKOUT
1	800 METER RUN
2	100 AIR SQUATS
3	50 BOX JUMPS
4	60 MEDBALL SLAMS
5	20 MANMAKERS
6	70 STRAIGHT-ARM DUMBBELL SIT-UPS
7	60 KETTLE-BELL SWINGS
8	40 HALF BURPEES
9	50 LATERAL BOUNDS
10	100 PLANK JACKS
11	800 METER RUN

REPS	BURNOUT | SUPERSET ONE
3X15	V-UPS
3X40 SEC	LOW PLANK HOLD

WEEK 4

CHEST, SHOULDERS & TRICEPS

FOR THE DUMBBELL BENCH PRESS, INCREASE WEIGHT EACH ROUND AS YOU DECREASE IN REPS
COMPLETE 1 MINUTE OF JUMPING JACKS BETWEEN EACH COMPLETED SET

REPS	SUPERSET ONE
1X10 / 1X8 / 1X6 / 1X4	DUMBBELL BENCH PRESS
4X1 MINUTE	JUMPING JACKS

REPS	SUPERSET TWO
3X12	CABLE PEC FLY
3X10 EACH ARM	CABLE LATERAL RAISES
1X100	HIGH KNEE SPRINT IN PLACE

REPS	TRI-SET ONE
3X8	TRICEPS PUSH-UP TO HIGH PLANK REACH
3X10	DUMBBELL FRONT RAISE TO UPRIGHT ROW
3X12	DUMBBELL SKULL CRUSHERS
1X50	LATERAL BOUNDS

REPS	TRI-SET TWO
3X12	SEATED AROUND THE WORLDS
3X12	REAR DELT RAISE
3X1 MIN	HIGH PLANK TOE TAPS
1X15	BURPEE THRUSTERS

REPS	BURNOUT
25 SECONDS	WALKING PLANK ON TREADMILL
20 SECONDS	REST
25 SECONDS	DEADMILL SPRINT
25 SECONDS	REST
12	PUSH UPS WITH PLANK KNEE TUCKS

REPEAT 5X

**DEADMILL: KEEP THE TREADMILL TURNED OFF/UNPLUGGED FOR THE DURATION OF THIS EXERCISE –YOU WILL BE DRIVING THROUGH YOUR LEGS AND PUSHING WITH YOUR HANDS ON THE TREADMILLS HANDLES TO GET THE BELT MOVING. SPRINT AS FAST AS POSSIBLE.*

WEEK 4

LOWERBODY

CIRCUIT

COMPLETE EACH EXERCISE CONSECUTIVELY UNTIL YOU HAVE COMPLETED ALL 9 EXERCISES. REST 2-3 MINUTES. REPEAT 4-6X

REPS	THE WORKOUT
12	HEAVY GOBLET SQUAT + PULSE
12	DUMBBELL ROMANIAN DEADLIFTS
10 EACH LEG	DUMBBELL SINGLE-LEG GLUTE BRIDGE
35 SEC EACH LEG	AROUND THE WORLD LUNGES
1 MIN QUICK FEET	EVERY 10 SECONDS CHEST TO GROUND BURPEE
25	SUMO STANCE DUMBBELL PULSES
25 SEC EACH LEG	DUMBBELL REVERSE LUNGE TO CLOSE LUNGE
10	KETTLEBELL WIDE SQUAT TO NARROW SQUAT JUMPS
35 SEC	ALTERNATING LUNGE JUMPS
3 MIN	JUMP ROPE

“TRAINING GIVES US AN OUTLET FOR SUPPRESSED ENERGIES CREATED BY STRESS AND THUS TONES THE SPIRIT JUST AS EXERCISE CONDITIONS THE BODY.”

ARNOLD SCHWARZENEGGER

WEEK 5

LOWERBODY

REPS	THE WORKOUT
1X12	BARBELL BACK SQUATS * LIGHT WEIGHT
1X10	BARBELL BACK SQUATS *MODERATE WEIGHT
3X8	BARBELL BACK SQUATS *MODERATE WEIGHT

REPS	SUPERSET ONE
4X10	DEADLIFTS
4X12	SQUAT JUMPS

3X10	BARBELL HIP THRUSTS

REPS	SUPERSET TWO
3X4 EACH LEG	PLATE REVERSE LUNGE TO OVERHEAD PRESS
3X4 EACH LEG	EXPLOSIVE LATERAL STEP-UP TO KNEE DRIVE

REPS	BOOTY BAND WORK
3X30 SEC	ELEVATED HIP BRIDGE MARCH
3X30 SEC	SQUAT TO ALTERNATING LEG ABDUCTION
3X30 SEC	BANDED ABDUCTING FAST FEET

WEEK 5

BACK & BICEPS

WARM UP

RUN HALF MILE ON THE TREADMILL

REPS	SUPERSET ONE
3X4	NEGATIVE PULL UPS *CAN USE BAND OR MACHINE
3X30 SEC	JUMPING JACKS

REPS	TRI-SET ONE
3X4	NEGATIVE CHIN UPS *CAN USE BAND OR MACHINE
3X10	PLATE CURLS
3X10	HALF BURPEES

REPS	SUPERSET TWO
3X8 EACH ARM	ONE-ARM DUMBBELL ROW ON BENCH
3X10	ZOTTMAN CURLS

REPS	SUPERSET THREE
3X10	STRAIGHT-ARM CABLE PULLDOWN
3X40	FLUTTER KICKS

REPS	TRI-SET TWO
3X10	SEATED BENT-OVER DUMBBELL RAISE
3X10	DUMBBELL LAT PULLOVER
3X30 SEC	HIGH KNEE TOE TAPS ON BENCH

BURNOUT

1 SET TO FAILURE REVERSE HYPEREXTENSIONS
RUN .5 OF MILE ON THE TREADMILL

WEEK 5

CARDIO&CORE

PERFORM 40 SECONDS OF WORK DIRECTLY
FOLLOWED BY 20 SECONDS OF REST FOR EACH EXERCISE.
COMPLETE EACH EXERCISE 3X

CIRCUIT ONE | 40 SEC WORK / 20 SEC REST
GOBLET SQUATS
JUMP ROPE
BROAD JUMPS
WALL BALLS
ALTERNATING EXPLOSIVE STEP-UPS
BARBELL OR DUMBBELL HANG CLEANS
V-UPS
REPEAT 3X

CIRCUIT TWO | 40 SEC WORK / 20 SEC REST
MEDBALL MOUNTAIN CLIMBERS
REVERSE LUNGE TO BOX JUMPS
STRAIGHT-ARM DUMBBELL SIT-UPS
BARBELL PUSH PRESS *2 REPS* TO BENT-OVER ROW *2 REPS*
DUMBBELL SUMO SQUAT HOP CURL TO OVERHEAD PRESS
BOXER STYLE JUMP ROPE *2 SINGLE LEG HOPS* ALTERNATE LEGS
REPEAT 3X

BURNOUT | 20 SECONDS EACH
FLUTTER KICKS
RUSSIAN TWISTS
CRUNCHES
SCISSOR KICKS
HEELS TO THE HEAVENS
FULL SIT-UPS
REPEAT 1X

WEEK 5

CHEST, SHOULDERS & TRICEPS

WARM UP

ROW FOR 5 MINUTES ON ROW MACHINE
COMPLETE 15 PUSH-UPS

REPS	SUPERSET ONE
3X10	INCLINE DUMBBELL PRESS
3X10	DUMBBELL TRICEPS KICKBACKS
1X30	STEP-UPS

REPS	TRI-SET ONE
3X10	CABLE PEC FLY
3X8 EACH ARM	CABLE LATERAL RAISE
3X10	CABLE FRONT RAISE
1X50	HIGH KNEE TOE TAPS

REPS	SUPERSET TWO
3X8	BARBELL PUSH PRESS
3X30 SEC	STATIC TRICEPS DIPS
1X20	HALF BURPEES

REPS	SUPERSET THREE
3X12	ALTERNATING DUMBBELL BENCH PRESS
3X45 SEC	ALTERNATING STEP-UPS TO DUMBBELL UPRIGHT ROW

BURNOUT

COMPLETE 5 BURPEES
JUMP ON THE ROW MACHINE AND ROW 250 METERS
REPEAT 4X

WEEK 5

LOWERBODY

REPS	SUPERSET ONE
3X10 EACH LEG	BARBELL SPLIT SQUAT
3X10	BURPEE THRUSTERS

REPS	CIRCUIT ONE
3X6 EACH LEG	B-STANCE HIP THRUSTS
3X10 EACH LEG	DUMBBELL LATERAL SHIFTS
3X8	HEAVY KETTLEBELL ROMANIAN DEADLIFT TO SQUAT
3X6 EACH LEG	DUMBBELL SNATCH TO REVERSE LUNGE

REPS	CIRCUIT TWO
3X10	DUMBBELL OVERHEAD HOLD KNEEL TO STAND
3X8	BOX JUMP TO EXPLOSIVE JUMP
3X5 EACH LEG	MEDBALL SLAM TO STEP-UP
3X10	ALTERNATING LUNGE JUMP *1 REP EACH LEG TO SQUAT JUMP *2 REPS

“I DON’T WANT TO BE BETTER THAN YOU OR HER OR HIM. I WANT TO BE BETTER THAN I AM RIGHT NOW.”

KERRI WALSH JENNINGS

IT’S YOU VERSUS YOU.

WEEK 6

LOWERBODY

REPS	THE WORKOUT
1X10	BARBELL BACK SQUATS * MODERATE WEIGHT
1X8	BARBELL BACK SQUATS * MODERATE WEIGHT
3X5	BARBELL BACK SQUATS * MEDIUM HEAVY WEIGHT

REPS	SUPERSET ONE
4X8	DEADLIFTS *GO A LITTLE HEAVIER THAN LAST WEEK
4X15	SQUAT JUMPS
3X12	BARBELL HIP THRUSTS

REPS	SUPERSET TWO
3X5 EACH LEG	PLATE REVERSE LUNGE TO OVERHEAD PRESS
3X5 EACH LEG	EXPLOSIVE LATERAL STEP-UP TO KNEE DRIVE

REPS	BOOTY BAND WORK
3X35 SEC	ELEVATED HIP BRIDGE MARCH
3X35 SEC	SQUAT TO ALTERNATING LEG ABDUCTION
3X35 SEC	BANDED ABDUCTING FAST FEET

WEEK 6

BACK & BICEPS

WARM UP

RUN 0.75 OF A MILE ON THE TREADMILL

REPS	SUPERSET ONE
3X5	NEGATIVE PULL UPS *CAN USE BAND OR MACHINE
3X35 SEC	JUMPING JACKS

REPS	TRI-SET ONE
3X5	NEGATIVE CHIN UPS *CAN USE BAND OR MACHINE
3X12	PLATE CURLS
3X12	HALF BURPEES

REPS	SUPERSET TWO
3X10 EACH ARM	ONE-ARM DUMBBELL ROW ON BENCH
3X12	ZOTTMAN CURLS

REPS	SUPERSET THREE
3X12	STRAIGHT-ARM CABLE PULLDOWN
3X50	FLUTTER KICKS

REPS	TRI-SET TWO
3X12	SEATED BENT-OVER DUMBBELL RAISE
3X12	DUMBBELL LAT PULLOVER
3X35 SEC	HIGH KNEE TOE TAPS ON BENCH

BURNOUT

2 SETS TO FAILURE REVERSE HYPEREXTENSIONS
RUN 0.75 OF MILE ON THE TREADMILL

WEEK 6

CARDIO&CORE

YOU WILL NEED A JUMP ROPE AND MEDIUM-WEIGHT DUMBBELL FOR THIS EXERCISE
REPEAT EACH CARDIO WORKOUT 2X

TIME	CARDIO WORKOUT
1 MINUTE	JUMP ROPE
1 MINUTE	JUMP ROPE SIDE-TO-SIDE HOPS
30 SECONDS	DUMBBELL SNATCH RIGHT ARM
30 SECONDS	DUMBBELL SNATCH LEFT ARM
1 MINUTE	JUMP ROPE SCISSOR HOPS
1 MINUTE	JUMP ROPE
30 SECONDS	DUMBBELL SNATCH RIGHT ARM
30 SECONDS	DUMBBELL SNATCH LEFT ARM
1 MINUTE	BOXER STYLE JUMP ROPE
1 MINUTE	BUTT KICKS JUMP ROPE
45 SECONDS	DUMBBELL JACKS
1 MINUTE	HIGH KNEE JUMP ROPE
1 MINUTE	JUMP ROPE
30 SECONDS	SINGLE-ARM DUMBBELL SWINGS RIGHT ARM
30 SECONDS	SINGLE-ARM DUMBBELL SWINGS LEFT ARM
1 MINUTE	JUMP ROPE FORWARD BACKWARD HOPS
1 MINUTE	JUMP ROPE
30 SECONDS	HALF BURPEE
30 SECONDS	*REST*

KETTLEBELL WORK
30 SEC WORK 10 SEC REST
KETTLEBELL SWINGS
KETTLEBELL HALF BURPEE HOP OVER
KETTLEBELL SQUAT TO HIGH PULL
REPEAT 4X

REPS	CORE WORK
3X12	PLATE SIT-UPS
3X40 SEC	SCISSOR KICKS
3X30 SEC	CAN OPENERS
3X30 SEC	LOW PLANK DUMBBELL PUSH

WEEK 6

CHEST, SHOULDERS & TRICEPS

WARM UP

ROW FOR 5 MINUTES ON ROW MACHINE
COMPLETE 20 PUSH-UPS

REPS	SUPERSET ONE
3X12	INCLINE DUMBBELL PRESS
3X12	DUMBBELL TRICEPS KICKBACKS
1X36	STEP-UPS

REPS	TRI-SET ONE
3X12	CABLE PEC FLY
3X10 EACH ARM	CABLE LATERAL RAISE
3X12	CABLE FRONT RAISE
1X60	HIGH KNEE TOE TAPS

REPS	SUPERSET TWO
3X10	BARBELL PUSH PRESS
3X35 SEC	STATIC TRICEPS DIPS
1X25	HALF BURPEES

REPS	SUPERSET THREE
3X14	ALTERNATING DUMBBELL BENCH PRESS
3X50 SEC	ALTERNATING STEP-UPS TO DUMBBELL UPRIGHT ROW

BURNOUT

COMPLETE 7 BURPEES
JUMP ON THE ROW MACHINE AND ROW 300 METERS
REPEAT 4X

WEEK 6

LOWERBODY

REPS	SUPERSET ONE
3X12 EACH LEG	BARBELL SPLIT SQUAT
3X12	BURPEE THRUSTERS

REPS	CIRCUIT ONE
3X8 EACH LEG	B-STANCE HIP THRUSTS
3X12 EACH LEG	DUMBBELL LATERAL SHIFTS
3X10	HEAVY KETTLEBELL ROMANIAN DEADLIFT TO SQUAT
3X7 EACH LEG	DUMBBELL SNATCH TO REVERSE LUNGE

REPS	CIRCUIT TWO
3X12	DUMBBELL OVERHEAD HOLD KNEEL TO STAND
3X10	BOX JUMP TO EXPLOSIVE JUMP
3X6 EACH LEG	MEDBALL SLAM TO STEP-UP
3X10	ALTERNATING LUNGE JUMP *1 REP EACH LEG TO SQUAT JUMP *2 REPS

STEP OUT OF YOUR COMFORT ZONE SO YOU CAN GET STRONGER, GROW AND ACCOMPLISH YOUR GOALS.

BELIEVE IN YOURSELF AND ALL THAT YOU ARE.

BELIEVE IN YOUR ABILITIES.

BELIEVE IN YOUR POTENTIAL.

KNOW THAT THERE IS SOMETHING INSIDE OF YOU THAT IS GREATER THAN ANY OBSTACLE.

SHOW UP.

MAKE IT HAPPEN.

WEEK 7

LOWERBODY

REPS	TRI-SET ONE
3X6 EACH LEG	BARBELL REVERSE LUNGE
3X12	PLATE SIDE STEP SQUATS
3X1 MIN	JUMP ROPE * HIGH KNEES

REPS	SUPERSET ONE
3X10	BARBELL ROMANIAN DEADLIFTS
3X7 EACH LEG	B-STANCE DUMBBELL HIP THRUSTS

REPS	CIRCUIT ONE
3X8	DUMBBELL SQUAT JUMPS
3X8	BALL HAMSTRING CURLS
3X8 EACH LEG	KETTLEBELL LATERAL LUNGE
3X8	KETTLEBELL SQUAT SWING
3X12	HIP ABDUCTION

BURNOUT

15 SECONDS DEADMILLS ON TREADMILL
45 SECONDS REST
REPEAT 5X

**DEADMILL: KEEP THE TREADMILL TURNED OFF/UNPLUGGED FOR THE DURATION OF THIS EXERCISE -YOU WILL BE DRIVING THROUGH YOUR LEGS AND PUSHING WITH YOUR HANDS ON THE TREADMILLS HANDLES TO GET THE BELT MOVING. SPRINT AS FAST AS POSSIBLE.*

WEEK 7

BACK & BICEPS

WARM UP

5 MINUTES ON THE ELLIPTICAL | LEVEL 8

REPS	THE WORKOUT
2 SETS UNTIL FAILURE	CHIN UP HOLDS
2 SETS UNTIL FAILURE	PULL UP HOLDS
3X10	T-BAR ROW
3X10	ROPE FACE PULLS

REPS	TRI-SET ONE
3X8	INVERTED ROW
3X10	SEATED BENT-OVER DUMBBELL RAISE
3X8 EACH ARM	DUMBBELL HAMMER CURLS WITH STATIC HOLD

REPS	CIRCUIT ONE
3X10	DUMBBELL LAT PULLOVER WITH LEG RAISE
3X5 RIGHT LEG ONLY	BOSU BALL BALANCE + BICEP CURLS
3X5 LEFT LEG ONLY	BOSU BALL BALANCE + BICEP CURLS
3X6	BOSU BALL BURPEES

BURNOUT

2 SETS TO FAILURE
BACK EXTENSIONS WITH BAND TENSION

9 MINUTES ON THE BIKE

1 MINUTE	*LOW RESISTANCE*	PEDAL FAST
1 MINUTE	*HIGH RESISTANCE*	PEDAL HARD
30 SECONDS	*MED RESISTANCE*	PEDAL HARD *SPRINT
30 SECONDS	*NO RESISTANCE*	PEDAL EASY *RECOVER

REPEAT FOR 9 MINUTES

CARDIO&CORE

TREADMILL: INCLINE 11

TIME	SPEED	WORKOUT
10 MINUTES	3.6MPH	*WALK*

SET INCLINE TO 15

30 SECONDS	1.0MPH	BANDED WALKING LUNGES
20 SECONDS	2.0MPH	BANDED LATERAL WALK *RIGHT
20 SECONDS	2.0MPH	BANDED LATERAL WALK *LEFT
20 SECONDS	2.0MPH	BANDED BACKWARD WALK

REPEAT FOR 10 MINUTES

SET INCLINE TO 0

20 SECONDS	10-13MPH	SPRINT
40 SECONDS	- - - -	REST

REPEAT 5X

REPS	SUPERSET ONE
3X10 EACH LEG	DOWN DOG WITH KNEE DRIVE
3X10	PLATE CLEAN AND JERK

REPS	SUPERSET TWO
3X10 EACH LEG	ELEVATED PLANK SLOW MOUNTAIN CLIMBER
3X10	DUMBBELL SQUAT JUMPS

REPS	SUPERSET THREE
2X20	SIT UPS
2X50	BICYCLE CRUNCHES

WEEK 7

CHEST, SHOULDERS & TRICEPS

REPS	SUPERSET ONE
3X6	DUMBBELL BENCH PRESS
3X6	DUMBBELL CRUSH PRESS

REPS	SUPERSET TWO
3X10	SMITH MACHINE UPRIGHT ROW
3X8	ROCKET PUSH-UPS

REPS	TRICEPS BURNOUT
2 SETS UNTIL FAITLURE	BARBELL SKULL CRUSHERS

REPS	TRI-SET ONE
3X10	AROUND THE WORLDS ON SWISS BALL
3X10	TRX “T” REAR DELT FLY
3X35 SEC	DUMBBELL JACKS

REPS	SUPERSET THREE
3X10	ARNOLD PRESS
3X6 EACH ARM	ALTERNATING UNDERHAND DIAGONAL RAISE

BURNOUT
20 SECONDS WORK | 10 SECONDS REST *REPEAT 3X FOR EACH MOVE*
HAND RELEASE BURPEES
LATERAL PLANK WALK TO PLANK JACK
HIGH KNEE SPRINT IN PLACE
PLANK ROTATIONS

WEEK 7

LOWERBODY

WARM UP

10 MINUTES ON STAIRSTEPPER
2 MINUTES | LEVEL 5-7
8 MINUTES | LEVEL 8-11

REPS	CIRCUIT
INSTRUCTIONS	*COMPLETE ALL 8 EXERCISES CONSECUTIVELY* *REST FOR 40-60 SECONDS	REPEAT 3-4 ROUNDS TOTAL* *YOU WILL NEED A SMALL STEP OR BOX, 1 KETTLEBELL, 1 BOOTY BAND AND A BOSU BALL.*
6 EACH LEG	EXPLOSIVE LATERAL STEP-UP TO KNEE DRIVE
10	KETTLEBELL SWING TO SQUAT
6 EACH LEG	SINGLE LEG KETTLEBELL ROMANIAN DEADLIFTS
6 EACH ARM	SINGLE-ARM DUMBBELL BANDED THRUSTER ON BOSU BALL
15	BANDED PLANK JACKS
10	DUMBBELL SUMO-STANCE ROMANIAN DEADLIFT TO SQUAT
10	KETTLEBELL WIDE SQUAT TO NARROW SQUAT JUMPS
1 MINUTE	BANDED WALL SIT ABDUCTION

REPS	BURNOUT
3X10 EACH LEG	BANDED FIRE HYDRANTS
3X10	BANDED SQUAT TO HIP ABDUCTION
3X20 EACH LEG	BANDED STRAIGHT LEG DONKEY KICK PULSES
3X10	BANDED GLUTE BRIDGE WITH HIP ABDUCTION

MAKE MOVEMENT AND HEALTHY EATING A LIFESTYLE.

YOU WILL NEED DISCIPLINE.

DISCIPLINE IS DOING WHAT NEEDS TO BE DONE ESPECIALLY WHEN YOU DON'T FEEL LIKE IT.

YOU NEED TO BE CONSISTENT.

CONSISTENT ACTION CREATES CONSISTENT RESULTS.

YOU WILL NEED TO RESPECT YOUR BODY DAILY AND MAKE IT A PRIORITY.

MOVE YOUR BODY, FUEL YOUR BODY, CHALLENGE YOUR BODY AND LOVE YOUR BODY.

WEEK 8

LOWERBODY

REPS	TRI-SET ONE
3X8 EACH LEG	BARBELL REVERSE LUNGE
3X14	PLATE SIDE STEP SQUATS
3X1 MIN	JUMP ROPE * HIGH KNEES

REPS	SUPERSET ONE
3X12	BARBELL ROMANIAN DEADLIFTS
3X8 EACH LEG	B-STANCE DUMBBELL HIP THRUSTS

REPS	CIRCUIT ONE
3X10	DUMBBELL SQUAT JUMPS
3X10	BALL HAMSTRING CURLS
3X10 EACH LEG	KETTLEBELL LATERAL LUNGE
3X10	KETTLEBELL SQUAT SWING
3X15	HIP ABDUCTION

BURNOUT

20 SECONDS DEADMILLS ON TREADMILL
40 SECONDS REST
REPEAT 6X

**DEADMILL: KEEP THE TREADMILL TURNED OFF/UNPLUGGED FOR THE DURATION OF THIS EXERCISE -YOU WILL BE DRIVING THROUGH YOUR LEGS AND PUSHING WITH YOUR HANDS ON THE TREADMILLS HANDLES TO GET THE BELT MOVING. SPRINT AS FAST AS POSSIBLE.*

WEEK 8

BACK & BICEPS

WARM UP

5 MINUTES ON THE ELLIPTICAL | LEVEL 8

REPS	THE WORKOUT
1 SET UNTIL FAILURE	UNASSISTED CHIN-UPS
1 SET UNTIL FAILURE	ASSISTED CHIN-UPS (MACHINE OR BAND)
2 SETS UNTIL FAILURE	BANDED OR MACHINE PULL-UPS
3X12	T-BAR ROW
3X12	ROPE FACE PULLS

REPS	TRI-SET ONE
3X10	INVERTED ROW
3X12	SEATED BENT-OVER DUMBBELL RAISE
3X10 EACH ARM	DUMBBELL HAMMER CURLS WITH STATIC HOLD

REPS	CIRCUIT ONE
3X12	DUMBBELL LAT PULLOVER WITH LEG RAISE
3X6 RIGHT LEG ONLY	BOSU BALL BALANCE + BICEP CURLS
3X6 LEFT LEG ONLY	BOSU BALL BALANCE + BICEP CURLS
3X8	BOSU BALL BURPEES

BURNOUT

2 SETS TO FAILURE
BACK EXTENSIONS WITH BAND TENSION

12 MINUTES ON THE BIKE

1 MINUTE	*LOW RESISTANCE*	PEDAL FAST
1 MINUTE	*HIGH RESISTANCE*	PEDAL HARD
30 SECONDS	*MED RESISTANCE*	PEDAL HARD *SPRINT
30 SECONDS	*NO RESISTANCE*	PEDAL EASY *RECOVER

REPEAT FOR 12 MINUTES

WEEK 8

CARDIO & CORE

CIRCUIT ONE

WORK	REST	WORKOUT
40 SEC	20 SEC	KETTLEBELL SWINGS
40 SEC	20 SEC	TRX OR BARBELL INVERTED ROW HOLD (FEET ELEVATED)
40 SEC	20 SEC	BANDED PLANK JACKS

COMPLETE 3 ROUNDS

CIRCUIT TWO

WORK	REST	WORKOUT
40 SEC	20 SEC	BEAR CRAWL (4 STEPS) TO IGUANA PUSH-UP *ALTERNATE LEGS
40 SEC	20 SEC	LINE TO LINE SPRINTS *15-20 YRDS* OR HIGH KNEE SPRINT IN PLACE
20 SEC EACH SIDE	20 SEC	HIGH PLANK ONE ARM HOLD + DUMBBELL PUNCH

COMPLETE 3 ROUNDS

CIRCUIT THREE

WORK	REST	WORKOUT
40 SEC	20 SEC	MEDBALL SLAM TO STEP UP
40 SEC	20 SEC	BOSU BALL HIGH PLANK IN-N-OUT JUMPS TO ALT. TOE TOUCH
40 SEC	20 SEC	STRAIGHT ARM DUMBBELL SIT-UPS

COMPLETE 3 ROUNDS

BURNOUT ON ASSAULT BIKE

**USE REGULAR BIKE IF YOU DO NOT HAVE ACCESS TO ASSAULT BIKE AND CHANGE RESISTANCE TO HIGH*

20 SECONDS WORK | 40 SECONDS REST | REPEAT 10X

WEEK 8

CHEST, SHOULDERS & TRICEPS

REPS	SUPERSET ONE
3X8	DUMBBELL BENCH PRESS
3X8	DUMBBELL CRUSH PRESS

REPS	SUPERSET TWO
3X12	SMITH MACHINE UPRIGHT ROW
3X10	ROCKET PUSH-UPS

REPS	TRICEPS BURNOUT
2 SETS UNTIL FAITLURE	BARBELL SKULL CRUSHERS

REPS	TRI-SET ONE
3X12	AROUND THE WORLDS ON SWISS BALL
3X12	TRX "T" REAR DELT FLY
3X45 SEC	DUMBBELL JACKS

REPS	SUPERSET THREE
3X12	ARNOLD PRESS
3X8 EACH ARM	ALTERNATING UNDERHAND DIAGONAL RAISE

BURNOUT
25 SECONDS WORK | 15 SECONDS REST *REPEAT 4X FOR EACH MOVE*
HAND RELEASE BURPEES
LATERAL PLANK WALK TO PLANK JACK
HIGH KNEE SPRINT IN PLACE
HIGH PLANK ROTATIONS

WEEK 8

LOWERBODY

WARM UP

10 MINUTES ON STAIRSTEPPER
2 MINUTES | LEVEL 5-7
8 MINUTES | LEVEL 8-11

REPS	CIRCUIT
INSTRUCTIONS	*COMPLETE ALL 8 EXERCISES CONSECUTIVELY* *REST FOR 40-60 SECONDS | REPEAT 3-4 ROUNDS TOTAL* *YOU WILL NEED A SMALL STEP OR BOX, 1 KETTLEBELL, 1 BOOTY BAND AND A BOSU BALL.*
8 EACH LEG	EXPLOSIVE LATERAL STEP-UP TO KNEE DRIVE
12	KETTLEBELL SWING TO SQUAT
8 EACH LEG	SINGLE LEG KETTLEBELL ROMANIAN DEADLIFTS
8 EACH ARM	SINGLE-ARM DUMBBELL BANDED THRUSTER ON BOSU BALL
20	BANDED PLANK JACKS
12	DUMBBELL SUMO-STANCE ROMANIAN DEADLIFT TO SQUAT
12	KETTLEBELL WIDE SQUAT TO NARROW SQUAT JUMPS
1 MINUTE	BANDED WALL SIT ABDUCTION

REPS	BURNOUT
3X10 EACH LEG	BANDED FIRE HYDRANTS
3X10	BANDED SQUAT TO HIP ABDUCTION
3X20 EACH LEG	BANDED STRAIGHT LEG DONKEY KICK PULSES
3X10	BANDED GLUTE BRIDGE WITH HIP ABDUCTION

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I cannot be held responsible for any injury you may incur. It is recommended that you consult a physician before starting this workout program.