

WEEK 1

Day 1

Horizontal push/pull

20 Jumping jacks
5 Hindu Push up
10 Reverse lunge and reach
10 Scap push up
3 rounds

STRENGTH

8 Glute bridge DB press
8 Alternating DB BO row w/ pause 8 Bench power push up
8 Alternating DB reverse fly
4 Rounds

HIIT x 8 min AMRAP (as many rounds as possible in 8 minutes)

10 Burpee
20 Russian twist
10 Plank DB row
40 hollow body flutter kick 8 MIN AMRAP

COOL DOWN x 6min AMRAP

10 lateral slide
10 Shoulder rolls
10 t-spine rotations
6 MIN AMRAP

Day 2

Bilateral legs

200m Erg row
20 Good mornings 20 squat walk
20 toe sweep
3 rounds

STRENGTH

6 Deadlift
6 weighted squat jumps
10 hanging leg raise
4 Rounds

STRENGTH (Part 2)

8 BB glute extension
20 Prone superman
4 Rounds

HIIT

10 Alternating DB snatch
10 Prone pike
500m row
4 Rounds

COOL DOWN

4 breath Down dog
4 breath Childs pose
10 Lateral hip rocks
10 Squat and stand 3 rounds

Day 3

Mobility

12 min Ride
6 Inch worm, lunge, t-spine rotation
10 shoulder rotation from kneeling
10 glute extension, reach
10 Pidgeon rotation
3 Rounds

Day 4

Vertical Push/Pull

50 Skips
10 kip swings
20 monster walk 20 KB OH march
6 Minute AMRAP

STRENGTH

8 BB overhead press
8 Pull up
4 Rounds

STRENGTH (part 2)

8 SA KB overhead press
10 Close grip pull down
4 Rounds

HIIT

30sec DB Lateral to front raise
20sec rest
30sec 180 mountain climber
20sec rest
30sec DB deadlift to high pull
20sec rest
30sec Exercise ball rollout
3 Rounds

COOL DOWN

4min recovery bike
10secx3 dead hang
4 breath child's pose
3 Rounds

Day 5

Unilateral legs

5min cardio buy-in 10 Squat rotations
10 reverse lunge
10 SL Glute extension 10 Scorpions
3 rounds

STRENGTH

8 BB reverse lunge
8 DB SL hip hinge
4 Rounds

STRENGTH (part 2)

8 DB SL step up
8 SL hamstring curl
4 rounds

HIIT

30sec bike sprint
20 Jump lunge
20 bear shoulder tap
3 Rounds

COOL DOWN

10 Quad extensions
10 low lunge hold
10 Lateral slide
3 Rounds

Day 6

Active recovery

Light walk, short low impact run or bike ride.

Day 7

Rest

WEEK 2

Day 1

Upper Vertical Push/Pull

20 High plank shoulder tap

10sec Supine ISO

20 Monster walk

20 BB high pull

6min AMRAP

STRENGTH

6 BB hang clean Push press

20sec Active hang

4 Rounds

STRENGTH (part 2)

6 Alternating KB overhead press

6 Chin up

10 Side plank rotation

4 Rounds

HIIT

10 Yoga push up

20 ballistic row

10 kneeling curl and press

30 Double under

3 Rounds

COOL DOWN

4 breath Childs pose

4 Breath cobra pose

10 dislocates

3 Rounds

Day 2

Bilateral legs

20 Lateral walk
20 KB march
10 Lunge, t-spine rotation
10 Jump squat
3 Rounds

STRENGTH

8 BB back squat
2x3 Broad jump
4 Rounds

STRENGTH (part 2)

8 KB swing
6 Box jump
4 Rounds

HIIT

10 DB curl, squat, press
10 hang leg raise
10 Archer push up
10MIN AMRAP

COOL DOWN

5 Low lunge
5 Pidgeon extension
5 Bench Cossack rotation
3 Rounds

Day 3

Mobility

15min Cardio buy-in
10 Downward dog flow
10 Squat to bear flow
10 Prone butterfly flow
4 Rounds

Day 4

Horizontal Push/Pull

50 Skips
10 Scap push up
10 hang shrug
10 Hindu push up
3 Rounds

STRENGTH

6 BB bench press
12 Kneeling SA DB fly
30 Sec prone plank
4 Rounds

STRENGTH (part 2)

6 BB BO row
12 Face pull
12 Prone lateral pike
4 Rounds

HIIT

30sec Jack press
1:4x10 Push up mountain climber
30sec Weighted iron superman
30sec weighted deadbug
3 Rounds

COOL DOWN

4 breath Anterior stretch
10 cat/cow
10 Kneeling shoulder rotation
3 Rounds

Day 5

Unilateral Legs

50 Skips
10 walking hip hinge
10 lateral lunge
10 walking lunge
6min AMRAP

STRENGTH

8 DB Bulgarian split squat
10 SL lateral jump
20 KB front rack march
4 Rounds

STRENGTH (part 2)

8 Bulgarian hip hinge
8 SA staggered stance KB swing
10 Alternating SL v-up
4 Rounds

HIIT

10 Jump lunge, squat, lunge
30sec Incline walk
5 Rounds

COOL DOWN

10 Kneeling t-spine rotation
10 Runners rock
10 Walking hinge
10 quad extension
3 Rounds

Day 6

Active recovery

Light walk, short low impact run or bike ride.

Day 7 Rest

WEEK 3

Day 1

Horizontal push/pull

20 Jumping jacks
5 Hindu Push up
10 Reverse lunge and reach
10 Scap push up
3 rounds

STRENGTH

8 Glute bridge DB press
8 Alternating DB BO row w/ pause & Bench power push up
8 Alternating DB reverse fly
4 Rounds

HIIT x 8 min AMRAP (as many rounds as possible in 8 minutes)

10 Burpee
20 Russian twist
10 Plank DB row
40 hollow body flutter kick & MIN AMRAP

COOL DOWN x 6min AMRAP

10 lateral slide
10 Shoulder rolls
10 t-spine rotations
6 MIN AMRAP

Day 2

Bilateral legs

200m Erg row
20 Good mornings 20 squat walk
20 toe sweep
3 rounds

STRENGTH

6 Deadlift
6 weighted squat jumps
10 hanging leg raise
4 Rounds

STRENGTH (Part 2)

8 BB glute extension
20 Prone superman
4 Rounds

HIIT

10 Alternating DB snatch
10 Prone pike
500m row
4 Rounds

COOL DOWN

4 breath Down dog
4 breath Childs pose
10 Lateral hip rocks
10 Squat and stand 3 rounds

Day 3

Mobility

12 min Ride
6 Inch worm, lunge, t-spine rotation
10 shoulder rotation from kneeling
10 glute extension, reach
10 Pidgeon rotation
3 Rounds

Day 4

Vertical Push/Pull

50 Skips
10 kip swings
20 monster walk 20 KB OH march
6 Minute AMRAP

STRENGTH

8 BB overhead press
8 Pull up
4 Rounds

STRENGTH (part 2)

8 SA KB overhead press
10 Close grip pull down
4 Rounds

HIIT

30sec DB Lateral to front raise
20sec rest
30sec 180 mountain climber
20sec rest
30sec DB deadlift to high pull
20sec rest
30sec Exercise ball rollout
3 Rounds

COOL DOWN

4min recovery bike
10secx3 dead hang
4 breath child's pose
3 Rounds

Day 5

Unilateral legs

5min cardio buy-in 10 Squat rotations
10 reverse lunge
10 SL Glute extension 10 Scorpions
3 rounds

STRENGTH

8 BB reverse lunge
8 DB SL hip hinge
4 Rounds

STRENGTH (part 2)

8 DB SL step up
8 SL hamstring curl
4 rounds

HIIT

30sec bike sprint
20 Jump lunge
20 bear shoulder tap
3 Rounds

COOL DOWN

10 Quad extensions
10 low lunge hold
10 Lateral slide
3 Rounds

Day 6

Active recovery

Light walk, short low impact run or bike ride.

Day 7

Rest

WEEK 4

Day 1

Upper Vertical Push/Pull

20 High plank shoulder tap

10sec Supine ISO

20 Monster walk

20 BB high pull

6min AMRAP

STRENGTH

6 BB hang clean Push press

20sec Active hang

4 Rounds

STRENGTH (part 2)

6 Alternating KB overhead press

6 Chin up

10 Side plank rotation

4 Rounds

HIIT

10 Yoga push up

20 ballistic row

10 kneeling curl and press

30 Double under

3 Rounds

COOL DOWN

4 breath Childs pose

4 Breath cobra pose

10 dislocates

3 Rounds

Day 2

Bilateral legs

20 Lateral walk
20 KB march
10 Lunge, t-spine rotation
10 Jump squat
3 Rounds

STRENGTH

8 BB back squat
2x3 Broad jump
4 Rounds

STRENGTH (part 2)

8 KB swing
6 Box jump
4 Rounds

HIIT

10 DB curl, squat, press
10 hang leg raise
10 Archer push up
10MIN AMRAP

COOL DOWN

5 Low lunge
5 Pidgeon extension
5 Bench Cossack rotation
3 Rounds

Day 3

Mobility

15min Cardio buy-in
10 Downward dog flow
10 Squat to bear flow
10 Prone butterfly flow
4 Rounds

Day 4

Horizontal Push/Pull

50 Skips
10 Scap push up
10 hang shrug
10 Hindu push up
3 Rounds

STRENGTH

6 BB bench press
12 Kneeling SA DB fly
30 Sec prone plank
4 Rounds

STRENGTH (part 2)

6 BB BO row
12 Face pull
12 Prone lateral pike
4 Rounds

HIIT

30sec Jack press
1:4x10 Push up mountain climber
30sec Weighted iron superman
30sec weighted deadbug
3 Rounds

COOL DOWN

4 breath Anterior stretch
10 cat/cow
10 Kneeling shoulder rotation
3 Rounds

Day 5

Unilateral Legs

50 Skips
10 walking hip hinge
10 lateral lunge
10 walking lunge
6min AMRAP

STRENGTH

8 DB Bulgarian split squat
10 SL lateral jump
20 KB front rack march
4 Rounds

STRENGTH (part 2)

8 Bulgarian hip hinge
8 SA staggered stance KB swing
10 Alternating SL v-up
4 Rounds

HIIT

10 Jump lunge, squat, lunge
30sec Incline walk
5 Rounds

COOL DOWN

10 Kneeling t-spine rotation
10 Runners rock
10 Walking hinge
10 quad extension
3 Rounds

Day 6

Active recovery

Light walk, short low impact run or bike ride.

Day 7 Rest

WEEK 5

Day 1

Upper Horizontal push/pull 5 Push up

10 DB row
10 DB seated incline
10 DB reverse fly
3 Rounds

STRENGTH

6 Alternating DB chest press
6 Supine pull up with pause
6 DB incline press
30sec Core engaged hang
30min EMOM

HIIT

6 Clap push up
20 KB march
10 DB row, hinge, high pull
20 Bear walk
4 Rounds

COOL DOWN

10 Alternating shoulder roll
10 Prone swimmer
20sec dead hang
3 Rounds

Day 2

Bilateral legs

12mins Incline walk
6 Trap bar deadlift
6 Box jump
4 Rounds

STRENGTH

10 good morning
10 Glute extension
4 Rounds

HIIT

12 Snatch grip power pull
10 Toes to bar
10 Burpee lateral jump
10 Side plank march
3 Rounds

COOL DOWN

6 Walking lunge
6 Walking hinge
6 Lateral lunge
6 Clamshell glute extension
2 Rounds

Day 3

Mobility

12mins Cardio
Downdog
Cobra
Warrior 1
Warrior 2
Child's pose
Pidgeon
Prone t-spine
4 breaths
3 Rounds

Day 4

Upper Vertical Pull/Pull

20 Monster walk
20 Shoulder tap
20 Windmill
3 Rounds

STRENGTH

8 SA KB overhead press
8 Hammer grip pull up
20 High dip flutter kick
15min EMOM

COOL DOWN

10 Hang scap shrug
20sec Dead hang
10 Kneeling shoulder rotation
3 Rounds

Day 5

Unilateral legs

20 Squat, reverse lunge
20 Bear walkout
20 Curtsy
20 flutter kick
3 Rounds

STRENGTH

6 Bulgarian goblet split squat
6 Split jump
4 Rounds

STRENGTH (part 2)

6 Lateral step up
20 Glute extended march
4 Rounds

HIIT

30sec Plate front raise
20 Russian twist
20 Jack press
20 Alternating toe touch
10min AMRAP

COOL DOWN

10 Runner's stretch
4 breath Cobra
20 Kneeling quad extension
3 Rounds

Day 6

Active recovery

Light walk, short low impact run or bike ride.

Day 7

Rest

WEEK 6

Day 1

Upper Horizontal Push/Pull

5 Perfect push up
10sec Supine hold
10 Hang kip
3 Rounds

STRENGTH

6 Barbell flat bench
6 Barbell bent row
6 DB incline press
6 Open palm DB row
4 Rounds

HIIT

8 Push up x-body toe touch
8 SA DB row, hinge, curl
20 EB plank circle
40 Double under
8min AMRAP

COOL DOWN

8min Bike Buy out
10 T-spine rotation
5 Inch worm
10 Crab extension
3 Rounds

Day 2

Bilateral legs

500m Row
20 Hip drop
10 SL glute extension

STRENGTH

6 Barbell back squat
6 Speed jump squat
4 Rounds

STRENGTH (part 2)

6 Barbell power pull
12 Clam shell glute extension
4 Rounds

HIIT

10 KB Swing
20 KB march
30sec Assault bike
4 Rounds

COOL DOWN

10 leg swing
10 Lateral swing
10 Alternating quad stretch
3 Rounds

Day 3

Mobility

10 Hindu push up
10 Squat worm
20 Monster walk
10 Cat and Cow
3 Rounds

Day 4

Upper Vertical push/pull

8 Windmill
8 Suitcase deadlift
1min Skip
8min AMRAP

STRENGTH

6 Barbell overhead press
20sec Chin up ISO hold
10 Dip hold knee raise
15min EMOM

STRENGTH (part 2)

10 Close grip lat pulldown
12 Bench Y/T/W
8min EMOM

HIIT

30sec Assault bike
20 DB Lateral raise/front raise
3 Rounds

COOL DOWN

10 Kneeling shoulder rotation
10 Dislocates
3 Rounds

Day 5

Unilateral legs

5 Lateral step up
5 SL hip hinge
5 Inch worm, lunge, t-spine
3 Rounds

STRENGTH

12 Barbell walking lunge
12 Walking hinge
20 Hang flutter kick
4 Rounds

HIIT

21-15-9 Jump exchange
21-15-9 Alternating reverse lunge
21-15-9 EB Hamstring curl
21-15-9 Barbell glute extension

COOL DOWN

10 Alternating Pidgeon
10 Downward dog, low lunge
20 Hip drop
10 Mins

Day 6

Active Recovery

Light walk, short low impact run or bike ride.

Day 7

Rest

WEEK 7

Day 1

Upper Horizontal push/pull 5 Push up

10 DB row
10 DB seated incline
10 DB reverse fly
3 Rounds

STRENGTH

6 Alternating DB chest press
6 Supine pull up with pause
6 DB incline press
30sec Core engaged hang
30min EMOM

HIIT

6 Clap push up
20 KB march
10 DB row, hinge, high pull
20 Bear walk
4 Rounds

COOL DOWN

10 Alternating shoulder roll
10 Prone swimmer
20sec dead hang
3 Rounds

Day 2

Bilateral legs

12mins Incline walk
6 Trap bar deadlift
6 Box jump
4 Rounds

STRENGTH

10 good morning
10 Glute extension
4 Rounds

HIIT

12 Snatch grip power pull
10 Toes to bar
10 Burpee lateral jump
10 Side plank march
3 Rounds

COOL DOWN

6 Walking lunge
6 Walking hinge
6 Lateral lunge
6 Clamshell glute extension
2 Rounds

Day 3

Mobility

12mins Cardio
Downdog
Cobra
Warrior 1
Warrior 2
Child's pose
Pidgeon
Prone t-spine
4 breaths
3 Rounds

Day 4

Upper Vertical Pull/Pull

20 Monster walk
20 Shoulder tap
20 Windmill
3 Rounds

STRENGTH

8 SA KB overhead press
8 Hammer grip pull up
20 High dip flutter kick
15min EMOM

COOL DOWN

10 Hang scap shrug
20sec Dead hang
10 Kneeling shoulder rotation
3 Rounds

Day 5

Unilateral legs

20 Squat, reverse lunge
20 Bear walkout
20 Curtsy
20 flutter kick
3 Rounds

STRENGTH

6 Bulgarian goblet split squat
6 Split jump
4 Rounds

STRENGTH (part 2)

6 Lateral step up
20 Glute extended march
4 Rounds

HIIT

30sec Plate front raise
20 Russian twist
20 Jack press
20 Alternating toe touch
10min AMRAP

COOL DOWN

10 Runner's stretch
4 breath Cobra
20 Kneeling quad extension
3 Rounds

Day 6

Active recovery

Light walk, short low impact run or bike ride.

Day 7

Rest

WEEK 8

Day 1

Upper Horizontal Push/Pull

5 Perfect push up
10sec Supine hold
10 Hang kip
3 Rounds

STRENGTH

6 Barbell flat bench
6 Barbell bent row
6 DB incline press
6 Open palm DB row
4 Rounds

HIIT

8 Push up x-body toe touch
8 SA DB row, hinge, curl
20 EB plank circle
40 Double under
8min AMRAP

COOL DOWN

8min Bike Buy out
10 T-spine rotation
5 Inch worm
10 Crab extension
3 Rounds

Day 2

Bilateral legs

500m Row
20 Hip drop
10 SL glute extension

STRENGTH

6 Barbell back squat
6 Speed jump squat
4 Rounds

STRENGTH (part 2)

6 Barbell power pull
12 Clam shell glute extension
4 Rounds

HIIT

10 KB Swing
20 KB march
30sec Assault bike
4 Rounds

COOL DOWN

10 leg swing
10 Lateral swing
10 Alternating quad stretch
3 Rounds

Day 3

Mobility

10 Hindu push up
10 Squat worm
20 Monster walk
10 Cat and Cow
3 Rounds

Day 4

Upper Vertical push/pull

8 Windmill
8 Suitcase deadlift
1min Skip
8min AMRAP

STRENGTH

6 Barbell overhead press
20sec Chin up ISO hold
10 Dip hold knee raise
15min EMOM

STRENGTH (part 2)

10 Close grip lat pulldown
12 Bench Y/T/W
8min EMOM

HIIT

30sec Assault bike
20 DB Lateral raise/front raise
3 Rounds

COOL DOWN

10 Kneeling shoulder rotation
10 Dislocates
3 Rounds

Day 5

Unilateral legs

5 Lateral step up
5 SL hip hinge
5 Inch worm, lunge, t-spine
3 Rounds

STRENGTH

12 Barbell walking lunge
12 Walking hinge
20 Hang flutter kick
4 Rounds

HIIT

21-15-9 Jump exchange
21-15-9 Alternating reverse lunge
21-15-9 EB Hamstring curl
21-15-9 Barbell glute extension

COOL DOWN

10 Alternating Pidgeon
10 Downward dog, low lunge
20 Hip drop
10 Mins

Day 6

Active Recovery

Light walk, short low impact run or bike ride.

Day 7

Rest