



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 9

DAY 1

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|-------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Lateral split squat with cross connect | 2-3 | 10-12 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|---------------------------|-------------------------------|-------------|-----|-----------|------|------|--------|--------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 20-25 min | | | | |
| | | Green endurance intervals | Primary conditioning exercise | Green | | | | 6-8 | | 60-90s |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Push/Press | Incline DB press | 2-3 | 10-12 | | | - |
| A | 2 | Repetition | Pull | Bent-over 1-arm dumbbell row | 2-3 | 10-12 | | | 60s |
| B | 1 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | - |
| B | 2 | Repetition | Pull ups | Pull ups - weighted if possible | 2-3 | 8-10 | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | | RECOVERY +/- |
|-------------------------------|--|---------------------|--|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 Box breathing | | |
| | | | | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

WEEK 9

DAY 2

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|----------------|------|------|------|----|--------|
| | | High CNS jumps | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-------------------|-------------------------------|------------|-----|--------|------|------|--------|---------|
| | | Red max intervals | Primary conditioning exercise | Top of red | | 75-90s | 1 | 3-4 | | 4-5 min |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|-------------------|----------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition method | Lunge | Walking lunges | 2-3 | 12-15 | | | - |
| A | 2 | Repetition method | Hinge | Dumbbell single-leg RDL | 2-3 | 8-10 | | | - |
| A | 3 | Repetition method | Core | Cable exercise or trunk rotation | 2-3 | 10-12 | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Arm bar progression | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 9

DAY 3

LEVEL 2

RECOVERY

TARGET RPE

BLUE

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|---|------|------|------|----|--------|
| | | Movement prep or upper body med ball series | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-----------------|--------------------|---------|-----|------|------|-------|--------|------|
| | | Tempo intervals | Run/bike/row/other | | | | | 12-15 | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|--|------|-------|--------|-------|---------|
| | | Repetition | Hinge | Trap bar deadlift | 2-3 | 2-3 | 85-90% | | 2-3 min |
| A | 1 | Repetition | Pull | Pull ups or lat pulldowns | 2-3 | | | | - |
| A | 2 | Repetition | Core | Feet-elevated side plank (up to 3 min) | 2-3 | | | | 60s |
| | | Repetition | Push/Press | Push ups | 1 | AMRAP | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|--|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 9

DAY 4

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|-------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Lateral split squat with cross connect | 2-3 | 10-12 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|---------------------------|-------------------------------|-------------|-----|-----------|------|------|--------|--------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 20-25 min | | | | |
| | | Green endurance intervals | Primary conditioning exercise | Green | | | | 4-5 | | 60-90s |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|----------|---|------|-------|--------|-------|------|
| A | 1 | Repetition | Core | Cable exercise or trunk rotation | 2-3 | 12-15 | | | - |
| A | 2 | Repetition | Core | Feet-elevated front plank (up to 3 min) | 2-3 | | | | 60s |
| | | | | | | | | | |
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| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 9

DAY 5

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|----------------|------|------|------|----|--------|
| | | High CNS jumps | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|---------------|-------------------------------|---------------|-----|---------|------|------|--------|---------|
| | | Red threshold | Primary conditioning exercise | Bottom of red | | 3-4 min | | 2-3 | | 3-4 min |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Push/Press | Standing overhead dumbbell press | 2-3 | 10-12 | | | - |
| A | 2 | Repetition | Pull | Bent-over 1-arm dumbbell row | 2-3 | 10-12 | | | 60s |
| B | 1 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | - |
| B | 2 | Repetition | Pull ups | Pull ups - weighted if possible | 2-3 | 8-10 | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Arm bar progression | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME DATE

WEEK 9

DAY 6

LEVEL 2

RECOVERY

TARGET RPE

BLUE

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|---|------|------|------|----|--------|
| | | Movement prep or upper body med ball series | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|--------------------|---------|-----|-----------|------|------|--------|------|
| | | SS1 | Run/bike/row/other | | | 20-25 min | | | | |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|--|------|-------|--------|-------|---------|
| | | Repetition | Hinge | Trap bar deadlift | 2-3 | 2-3 | 85-90% | | 2-3 min |
| A | 1 | Repetition | Pull | Pull ups or lat pulldowns | 1-2 | | | | - |
| A | 2 | Repetition | Core | Feet-elevated side plank (up to 3 min) | 1-2 | | | | - |
| A | 3 | Repetition | Push/Press | Push ups | 1-2 | AMRAP | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | | | EXERCISE #2 | | | | RECOVERY +/- |
|-------------------------------|--|--|--|----------------|--|--|--|--------------|
| 2-3 minute slow jog/bike/walk | | | | Bear breathing | | | | |
| | | | | | | | | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 10

DAY 1

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|-------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Lateral split squat with cross connect | 2-3 | 10-12 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|---------------------------|-------------------------------|-------------|-----|-----------|------|------|--------|--------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 25-30 min | | | | |
| | | Green endurance intervals | Primary conditioning exercise | Green | | | | 6-8 | | 50-60s |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Push/Press | Incline DB press | 2-3 | 10-12 | | | - |
| A | 2 | Repetition | Pull | Bent-over 1-arm dumbbell row | 2-3 | 10-12 | | | 45s |
| B | 1 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | - |
| B | 2 | Repetition | Pull ups | Pull ups - weighted if possible | 2-3 | 8-10 | | | 45s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | | RECOVERY +/- |
|-------------------------------|--|---|--|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | | |
| | | | | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME DATE

WEEK 10

DAY 2

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|----------------|------|------|------|----|--------|
| | | High CNS jumps | | | | | |
| | | | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-------------------|-------------------------------|------------|-----|---------|------|------|--------|---------|
| | | Red max intervals | Primary conditioning exercise | Top of red | | 90-120s | 1 | 3-4 | | 4-5 min |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|-------------------|----------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition method | Lunge | Walking lunges | 2-3 | 12-15 | | | - |
| A | 2 | Repetition method | Hinge | Dumbbell single-leg RDL | 2-3 | 10-12 | | | - |
| A | 3 | Repetition method | Core | Cable exercise or trunk rotation | 2-3 | 10-12 | | | 45s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Arm bar progression | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 10

DAY 3

LEVEL 2

RECOVERY

TARGET RPE

BLUE

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|---|------|------|------|----|--------|
| | | Movement prep or upper body med ball series | | | | | |
| | | | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-----------------|--------------------|---------|-----|------|------|-------|--------|------|
| | | Tempo intervals | Run/bike/row/other | | | | | 12-15 | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
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| | | | | | | | | | | |

STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|--|------|-------|--------|-------|---------|
| | | Repetition | Hinge | Trap bar deadlift | 2-3 | 2-3 | 85-90% | | 2-3 min |
| A | 1 | Repetition | Pull | Pull ups or lat pulldowns | 2-3 | | | | - |
| A | 2 | Repetition | Core | Feet-elevated side plank (up to 3 min) | 2-3 | | | | 60s |
| | | Repetition | Push/Press | Push ups | 1 | AMRAP | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

WEEK 10

DAY 4

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|-------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Lateral split squat with cross connect | 2-3 | 10-12 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|---------------------------|-------------------------------|-------------|-----|-----------|------|------|--------|--------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 25-30 min | | | | |
| | | Green endurance intervals | Primary conditioning exercise | Green | | | | 5-6 | | 60-90s |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|----------|---|------|-------|--------|-------|------|
| A | 1 | Repetition | Core | Cable exercise or trunk rotation | 2-3 | 12-15 | | | - |
| A | 2 | Repetition | Core | Feet-elevated front plank (up to 3 min) | 2-3 | | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

WEEK 10

DAY 5

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|----------------|------|------|------|----|--------|
| | | High CNS jumps | | | | | |
| | | | | | | | |
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| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|---------------|-------------------------------|---------------|-----|---------|------|------|--------|---------|
| | | Red threshold | Primary conditioning exercise | Bottom of red | | 3-4 min | | 3-4 | | 3-4 min |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Push/Press | Standing overhead dumbbell press | 2-3 | 10-12 | | | - |
| A | 2 | Repetition | Pull | Bent-over 1-arm dumbbell row | 2-3 | 10-12 | | | 50s |
| B | 1 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | - |
| B | 2 | Repetition | Pull ups | Pull ups - weighted if possible | 2-3 | 8-10 | | | 50s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Arm bar progression | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 10

DAY 6

LEVEL 2

RECOVERY

TARGET RPE

BLUE

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|---|------|------|------|----|--------|
| | | Movement prep or upper body med ball series | | | | | |
| | | | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|--------------------|---------|-----|-----------|------|------|--------|------|
| | | SS1 | Run/bike/row/other | | | 20-25 min | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|--|------|-------|--------|-------|---------|
| | | Repetition | Hinge | Trap bar deadlift | 2-3 | 2-3 | 85-90% | | 2-3 min |
| A | 1 | Repetition | Pull | Pull ups or lat pulldowns | 1-2 | | | | - |
| A | 2 | Repetition | Core | Feet-elevated side plank (up to 3 min) | 1-2 | | | | - |
| A | 3 | Repetition | Push/Press | Push ups | 1-2 | AMRAP | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|----------------|--------------|
| 2-3 minute slow jog/bike/walk | | Bear breathing | |
| | | | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 11

DAY 1

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--------------------------------------|------|------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Pullover with hamstrings progression | 2-3 | 4-6 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|-------------------------------|-------------|-----|-----------|------|------|--------|------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 35-40 min | | | | |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Push/Press | Incline DB press | 2-3 | 10-12 | | | - |
| A | 2 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | - |
| B | 1 | Repetition | Pull | Bent-over 1-arm dumbbell row | 2-3 | 10-12 | | | - |
| B | 2 | Repetition | Pull ups | Pull ups | 2-3 | AMRAP | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | | | EXERCISE #2 | | | | RECOVERY +/- |
|-------------------------------|--|--|--|-------------------|--|--|--|--------------|
| 2-3 minute slow jog/bike/walk | | | | PVC pipe mobility | | | | |
| | | | | | | | | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 11

DAY 2

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|------|------|----|--------|
| | | Mini band activation or High CNS jumps | | | | | |
| | | | | | | | |
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| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-------------------|-------------------------------|------------|-----|---------|------|------|--------|---------|
| | | Red max intervals | Primary conditioning exercise | Top of red | | 90-120s | 1 | 3-4 | | 4-5 min |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|-------------------|----------|-----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition method | Lunge | Box jumps or broad jumps | 2-3 | 6-8 | | | - |
| A | 2 | Repetition method | Hinge | Barbell RDL | 2-3 | 8-10 | | | 60s |
| | | Repetition method | Core | Cable exercise or med ball throws | 2-3 | 10-12 | | | 45s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|-------------------------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Exercise ball hip extension stretch | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

WEEK 11

DAY 3

LEVEL 2

RECOVERY

TARGET RPE

BLUE

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|-------------------|------|------|------|----|--------|
| | | PVC pipe mobility | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|--------------------|---------|-----|-----------|------|------|--------|------|
| | | SS1 | Run/bike/row/other | | | 15-20 min | | | | |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|---------------------------|------|-------|--------|-------|---------|
| | | Repetition | Hinge | Trap bar deadlift | 2-3 | 2-3 | 85-90% | | 2-3 min |
| A | 1 | Repetition | Pull | Pull ups or lat pulldowns | 2-3 | | | | - |
| A | 2 | Repetition | Core | 90:90 trunk rotation | 2-3 | | | | 60s |
| | | Repetition | Push/Press | Push ups | 1 | AMRAP | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|---|--------------|
| 2-3 minute slow jog/bike/walk | | 90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME DATE

WEEK 11

DAY 4

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--------------------------------------|------|------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Pullover with hamstrings progression | 2-3 | 4-6 | | | |
| | | | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|-------------------------------|-------------|-----|-----------|------|------|--------|------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 35-40 min | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|----------|--|------|-------|--------|-------|------|
| A | 1 | Repetition | Core | Banded superman | 2 | 12-15 | | | - |
| A | 2 | Repetition | Core | Feet-elevated front plank (up to 3 min) | 2 | | | | - |
| A | 3 | Repetition | Core | Top-foot elevated side plank (up to 2 min) | 2 | | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |
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COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|-------------------|--------------|
| 2-3 minute slow jog/bike/walk | | PVC pipe mobility | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 11

DAY 5

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|------|------|----|--------|
| | | Mini band activation or High CNS jumps | | | | | |
| | | | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-------------------|-------------------------------|------------|-----|---------|------|------|--------|---------|
| | | Red max intervals | Primary conditioning exercise | Top of red | | 90-120s | 1 | 2-3 | | 4-5 min |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Squat | Box jumps | 2-3 | 6-8 | | | - |
| A | 2 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | 60s |
| B | 1 | Repetition | Lunge | Backwards walking DB lunge | 2-3 | 12-14 | | | - |
| B | 2 | Repetition | Pull ups | Pull ups | 2-3 | AMRAP | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|-------------------------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Exercise ball hip extension stretch | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 12

DAY 1

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--------------------------------------|------|------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Pullover with hamstrings progression | 2-3 | 4-6 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|-------------------------------|-------------|-----|-----------|------|------|--------|------|
| | | SS2 | Primary conditioning exercise | Top of blue | | 40-45 min | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Push/Press | Incline DB press | 2-3 | 10-12 | | | - |
| A | 2 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | - |
| B | 1 | Repetition | Pull | Bent-over 1-arm dumbbell row | 2-3 | 10-12 | | | - |
| B | 2 | Repetition | Pull ups | Pull ups | 2-3 | AMRAP | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | | RECOVERY +/- |
|-------------------------------|--|-------------------|--|--------------|
| 2-3 minute slow jog/bike/walk | | PVC pipe mobility | | |
| | | | | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

WEEK 12

DAY 2

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|------|------|----|--------|
| | | Mini band activation or High CNS jumps | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-------------------|-------------------------------|---------------|-----|---------|------|------|--------|---------|
| | | Red threshold | Primary conditioning exercise | Bottom of red | | 3-4 min | 1 | 2 | | 2-3 min |
| | | Red max intervals | Primary conditioning exercise | Top of red | | 90-120s | 1 | 2-3 | | 4-5 min |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|-------------------|----------|-----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition method | Lunge | Box jumps or broad jumps | 2-3 | 6-8 | | | - |
| A | 2 | Repetition method | Hinge | Barbell RDL | 2-3 | 8-10 | | | 60s |
| | | Repetition method | Core | Cable exercise or med ball throws | 2-3 | 10-12 | | | 45s |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|-------------------------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Exercise ball hip extension stretch | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

WEEK 12

DAY 3

LEVEL 2

RECOVERY

TARGET RPE

BLUE

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|-------------------------|------|------|------|----|--------|
| | | PVC pipe mobility | | | | | |
| | | Ground force activation | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|--------|--------------------|---------|-----|-----------|------|------|--------|------|
| | | SS1 | Run/bike/row/other | | | 20-25 min | | | | |
| | | | | | | | | | | |
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STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|--|--------|----------|----------|------|------|--------|-------|------|
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COOLDOWN

| EXERCISE #1 | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|---|--------------|
| 2-3 minute slow jog/bike/walk | 90:90 position box breathing (4s inhale, 4s hold, 4s exhale, 4s hold) | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME DATE

WEEK 12

DAY 4

LEVEL 2

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--------------------------------------|------|------|-------|-------------|--------|
| | | Jog/bike/row | | | 5 min | Middle blue | |
| | | Arm bar progression | 2-3 | 6-8 | | | |
| | | Pullover with hamstrings progression | 2-3 | 4-6 | | | |
| | | | | | | | |
| | | | | | | | |

CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-----------------|-------------------------------|-------------|-----|-----------|------|------|--------|------|
| | | Tempo intervals | Primary conditioning exercise | | | | | 8-10 | | 60s |
| | | SS2 | Primary conditioning exercise | Top of blue | | 30-40 min | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |

STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|----------|--|------|-------|--------|-------|------|
| A | 1 | Repetition | Core | Banded superman | 2 | 12-15 | | | - |
| A | 2 | Repetition | Core | Feet-elevated front plank (up to 3 min) | 2 | | | | - |
| A | 3 | Repetition | Core | Top-foot elevated side plank (up to 2 min) | 2 | | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|-------------------|--------------|
| 2-3 minute slow jog/bike/walk | | PVC pipe mobility | |

WORKOUT REVIEW



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 12

DAY 5

LEVEL 2

RECOVERY

TARGET RPE

RED

WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

| CIRCUIT | | EXERCISE | SETS | REPS | TIME | HR | WEIGHT |
|---------|--|--|------|------|------|----|--------|
| | | Mini band activation or High CNS jumps | | | | | |
| | | | | | | | |
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CONDITIONING

| CIRCUIT | | METHOD | EXERCISE | HR ZONE | RPE | TIME | SETS | REPS | WEIGHT | REST |
|---------|--|-------------------|-------------------------------|---------------|-----|---------|------|------|--------|---------|
| | | Red threshold | Primary conditioning exercise | Bottom of red | | 3-4 min | 1 | 2 | | 2-3 min |
| | | Red max intervals | Primary conditioning exercise | Top of red | | 90-120s | 1 | 2 | | 4-5 min |
| | | | | | | | | | | |
| | | | | | | | | | | |
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| | | | | | | | | | | |

STRENGTH

| CIRCUIT | | METHOD | MOVEMENT | EXERCISE | SETS | REPS | WEIGHT | TEMPO | REST |
|---------|---|------------|------------|----------------------------------|------|-------|--------|-------|------|
| A | 1 | Repetition | Squat | Box jumps | 2-3 | 6-8 | | | - |
| A | 2 | Repetition | Push/Press | Feet-elevated explosive push ups | 2-3 | AMRAP | | | 60s |
| B | 1 | Repetition | Lunge | Backwards walking DB lunge | 2-3 | 12-14 | | | - |
| B | 2 | Repetition | Pull ups | Pull ups | 2-3 | AMRAP | | | 60s |
| | | | | | | | | | |
| | | | | | | | | | |

COOLDOWN

| EXERCISE #1 | | EXERCISE #2 | RECOVERY +/- |
|-------------------------------|--|-------------------------------------|--------------|
| 2-3 minute slow jog/bike/walk | | Exercise ball hip extension stretch | |

WORKOUT REVIEW