



WEEKLY THEMES

WEEK	THEME	➤ VARIABLES / KEY EXERCISES in TEMPLATES
WEEK 1	Bench Press & Deadlift 200m Row / time	<ul style="list-style-type: none"> ➤ 5RM test of Bench and Deadlift for build ➤ Max rep test- Bench & Deadlift for burn capped at 1min ➤ Rower
WEEK 2	Bench Press and Deadlift Battle Ropes / 1 min (# double slams)	<ul style="list-style-type: none"> ➤ Incline dumbbell press ➤ Push-ups – toes using inclines (no knees) ➤ Romanian Deadlifts ➤ Kettle Bell Suitcase lift and farmers carry ➤ Battle ropes
WEEK 3	Bench Press & Deadlift Wall sit / time (for time + 10kg plate)	<ul style="list-style-type: none"> ➤ Dumbbell shoulder press ➤ Chest flys ➤ Hip thrusts ➤ Good mornings ➤ Wall sit
WEEK 4	Bench Press & Deadlift 1 min/ KB swings (1/3 of body weight)	<ul style="list-style-type: none"> ➤ 5RM test of Bench and Deadlift for build ➤ Max rep test of Bench & Deadlift capped at 1min ➤ KB swings
WEEK 5	Squats & Bent Over Row 30s Ski Erg / cals	<ul style="list-style-type: none"> ➤ 5RM test of Barbell back squat and BOR ➤ Max rep test of squat and BOR for burn capped at 1min ➤ Ski Erg
WEEK 6	Squats & BOR 200m Sprint /time	<ul style="list-style-type: none"> ➤ Goblet squat ➤ Single arm KB squat ➤ Single Arm DB rows ➤ Reverse flys ➤ Sprints on treadmill
WEEK 7	Squats & BOR Plank for time	<ul style="list-style-type: none"> ➤ Bulgarian split squats ➤ Front squat with BB ➤ Pull ups ➤ Renegade row ➤ Plank on elbows
WEEK 8	Squats & BOR 40s Assault bike/ cals	<ul style="list-style-type: none"> ➤ 5RM test of Barbell back squat and BOR ➤ Max rep test of squat and BOR for burn capped at 1min ➤ Assault Bike

16 new templates will be launched in Teambeats as part of the 8 Week Transformation.

- Consisting of 8x FIIT30 and 8x FIITMAX sessions and will support the weekly themes delivered throughout the challenge.
- These sessions will come with accompanying notes in ProMyWellness to assist trainers in delivering the sessions effectively and incorporate heart rate training.