

Total Body Transformation - 4 Days a Week - Version 1

Week 1 (Choose a weight that is difficult but achievable for the # of reps being performed)

Monday/Day 1 - Chest

Bench Press: 4 sets of 15 reps

Incline DB Bench Press: 4 sets of 15 reps

-Conditioning:

5 rounds for time-

0.25 Mile (400m) Run

10 Burpees

Tuesday/Day 2 - Back

Seated Cable Row: 4 sets of 15 reps

Single Arm Dumbbell Lawnmower Row: 4 sets of 15 reps ea arm

-Conditioning:

10 rounds on a stationary bike:

1 min Fast (6 or 7 effort out of 10)

1 min Slow (2 or 3 out of 10)

Thursday/Day 4 - Legs/Shoulders

Back Squat: 4 sets of 15 reps

Leg Press: 4 sets of 15 reps

Strict Press: 4 sets of 15 reps

DB Lateral Shoulder Raise: 4 sets of 15 reps

-Conditioning:

15 min AMRAP (as many rounds as possible):

15 Air Squats

15 Box Jumps

50 Jump Rope

15 Situps (with an Abmat if available)

Friday/Day 5 - Arms/Core

DB Bicep Curls (both arms): 4 sets of 15 reps

DB Overhead Triceps Extensions: 4 sets of 15 reps

-Conditioning:

20 min AMRAP (as many rounds as possible):

8 Hanging Strict Leg/Knee Raises
1 min Stationary Bike/Rower
15 Weighted Ab Mat Situps
10 Burpees

Week 2 (Choose a weight that is difficult but achievable for the # of reps being performed, increase from last week)

Monday/Day 8 - Chest

Bench Press: 4 sets of 12 reps
Incline DB Bench Press: 4 sets of 12 reps
-Conditioning:
16 min bike
*Every 2 min do 10 Pushups

Tuesday/Day 9 - Back

Seated Cable Row: 4 sets of 12 reps
Single Arm Dumbbell Lawnmower Row: 4 sets of 12 reps ea arm
-Conditioning:
7 rounds-
300m row fast
~then 500m row slow and easy between each 300

Thursday/Day 11 - Legs/Shoulders

Back Squat: 4 sets of 12 reps
Leg Press: 4 sets of 12 reps
Strict Press: 4 sets of 12 reps
DB Lateral Shoulder Raise: 4 sets of 12 reps
-Conditioning:
20 min AMRAP:
8 Kettlebell Swings (moderate weight)
8 Burpee
8 DB Thrusters (moderate)
8 V-ups

Friday/Day 12 - Arms/Core

DB Bicep Curls (both arms): 4 sets of 12 reps
DB Overhead Triceps Extensions: 4 sets of 12 reps

-Conditioning:

3 rounds-
10 Scooter/Barbell/Ab Wheel Rollouts
1 min plank
Max HAnging L-sit (if you cant, do it with a knee raise)

Week 3 (Choose a weight that is difficult but achievable for the # of reps being performed.
Increase Weights from last week.)

Monday/Day 15 - Chest

Bench Press: 4 sets of 10 reps
Incline DB Bench Press: 4 sets of 10 reps

-Conditioning:

10 rounds-
1 min bike cal bike
7 DB Thrusters (light)
5 V-ups

Tuesday/Day 16 - Back

Seated Cable Row: 4 sets of 10 reps
Single Arm Dumbbell Lawnmower Row: 4 sets of 10 reps ea arm

-Conditioning:

20 min Alt EMOM (every minute on the minute):
Even: 150m row
Odd: 15 Kettlebell Swings light

Thursday/Day 18 - Legs/Shoulders

Back Squat: 4 sets of 10 reps
Leg Press: 4 sets of 10 reps
Strict Press: 4 sets of 10 reps
DB Lateral Shoulder Raise: 4 sets of 10 reps

-Conditioning:

10 min EMOM:
5 Ab Mat Situps + 5 V-ups

Friday/Day 19 - Arms/Core

DB Bicep Curls (both arms): 4 sets of 10 reps
DB Overhead Triceps Extensions: 4 sets of 10 reps

-Conditioning:

3 rounds-
10 Scooter/Barbell/Ab Wheel Rollouts
1 min plank
Max HAnging L-sit (if you cant, do it with a knee raise)

Week 4 (Choose a weight that is difficult but achievable for the # of reps being performed.
Heavier than last week.)

Monday/Day 22 - Chest

Bench Press: 4 sets of 8 reps
Incline DB Bench Press: 4 sets of 8 reps

-Conditioning:

2 rounds-
5 min row
5 min bike
5 min run

Tuesday/Day 23 - Back

Seated Cable Row: 4 sets of 8 reps
Single Arm Dumbbell Lawnmower Row: 4 sets of 8 reps ea arm

-Conditioning:

20 min Alt EMOM:
Min 1: Light Kettlebell Swings
Min 2: Med Ball Weighted Situps
Min 3: Box Jumps
Min 4: 30 sec of Pushups

Thursday/Day 25 - Legs/Shoulders

Back Squat: 4 sets of 8 reps
Leg Press: 4 sets of 8 reps
Strict Press: 4 sets of 8 reps
DB Lateral Shoulder Raise: 4 sets of 8 reps

-Conditioning:

10 rounds-
30 sec plank
20 Jumping Alternating Lunges
8 Hanging Leg Raises

30 sec bike

Friday/Day 26 - Arms/Core

DB Bicep Curls (both arms): 4 sets of 8 reps

DB Overhead Triceps Extensions: 4 sets of 8 reps

-Conditioning:

120 Hollow Rocks

~every 20 rocks, do 10 hip extensions

Week 5 (Choose a weight that is difficult but achievable for the # of reps being performed)

Monday/Day 29 - Chest

Incline Bench Press: 4 sets of 15 reps

DB Bench Press: 4 sets of 15 reps

DB Chest Flyes: 4 sets of 15 reps

-Conditioning:

5 rounds-

400m run

20 pushups

Tuesday/Day 30 - Back

Bent Barbell Row: 4 sets of 15 reps

Seated Cable Row: 4 sets of 15 reps

Lat Pulldown Machine: 4 sets of 15 reps

-Conditioning:

3 rounds-

21 Kettlebell Swings

15 Box Jumps

9 Burpees

Thursday/Day 32 - Legs/Shoulders

Front Squat: 4 sets of 15 reps

Barbell Reverse Lunges: 4 sets of 15 reps

Hamstring Curl Machine: 4 sets of 15 reps

DB Strict Press: 4 sets of 15 reps

DB Front Raise: 4 sets of 15 reps

-Conditioning:

100 Air Squats
100 Russian Twists
100 Reverse Lunges
100 Ab Mat Situps

Friday/Day 33 - Arms/Core

Barbell Bicep Curls: 4 sets of 15 reps
Barbell Skullcrushers: 4 sets of 15 reps
Cable Rope Triceps Extensions: 4 sets of 15 reps
DB Lateral Shoulder Raise: 4 sets of 15 reps
-Conditioning:
5 rounds-
30 Mountain Climbers
12 Burpees
10 Hollow Rocks

Week 6 (Choose a weight that is difficult but achievable for the # of reps being performed. The goal is to increase weight as the reps decrease.)

Monday/Day 36 - Chest

Incline Bench Press: 4 sets of 12 reps
DB Bench Press: 4 sets of 12 reps
DB Chest Flyes: 4 sets of 12 reps
-Conditioning:
30-20-10
Pushups
Burpees

Tuesday/Day 37 - Back

Bent Barbell Row: 4 sets of 12 reps
Seated Cable Row: 4 sets of 12 reps
Lat Pulldown Machine: 4 sets of 12 reps
-Conditioning:
10 min row
10 min run

Thursday/Day 39 - Legs/Shoulders

Front Squat: 4 sets of 12 reps
Barbell Reverse Lunges: 4 sets of 12 reps
Hamstring Curl Machine: 4 sets of 12 reps
DB Strict Press: 4 sets of 12 reps
DB Front Raise: 4 sets of 12 reps

-Conditioning:

3 rounds-
100m walking lunges (~50 reps)
60 sec plank
1 min bike
12 DB Front Squats

Friday/Day 40 - Arms/Core

Barbell Bicep Curls: 4 sets of 12 reps
Barbell Skullcrushers: 4 sets of 12 reps
Cable Rope Triceps Extensions: 4 sets of 12 reps
DB Lateral Shoulder Raise: 4 sets of 12 reps

-Conditioning:

4 rounds-
20 Air Squats
20 cal row
20 Kettlebell Swings

Week 7 (Choose a weight that is difficult but achievable for the # of reps being performed. The goal is to increase weight as the reps decrease.)

Monday/Day 43 - Chest

Incline Bench Press: 4 sets of 10 reps
DB Bench Press: 4 sets of 10 reps
DB Chest Flyes: 4 sets of 10 reps

-Conditioning:

Bike Intervals:
5 rounds-
30 sec hard
30 sec medium
1 min slow

Tuesday/Day 44 - Back

Bent Barbell Row: 4 sets of 10 reps
Seated Cable Row: 4 sets of 10 reps
Lat Pulldown Machine: 4 sets of 10 reps

-Conditioning:

10 rounds-
5 Situps
10 Air Squats
15 Russian Twists

Thursday/Day 46 - Legs/Shoulders

Front Squat: 4 sets of 10 reps
Barbell Reverse Lunges: 4 sets of 10 reps
Hamstring Curl Machine: 4 sets of 10 reps
DB Strict Press: 4 sets of 10 reps
DB Front Raise: 4 sets of 10 reps

-Conditioning:

2 rounds-
50 Reverse Lunges
50 KB Sumo Deadlifts
50 V-ups

Friday/Day 47 - Arms/Core

Barbell Bicep Curls: 4 sets of 10 reps
Barbell Skullcrushers: 4 sets of 10 reps
Cable Rope Triceps Extensions: 4 sets of 10 reps
DB Lateral Shoulder Raise: 4 sets of 10 reps

-Conditioning:

3 rounds-
15 Hanging Leg Raises
.5 mile bike
15 Hollow Rocks

Week 8 (Choose a weight that is difficult but achievable for the # of reps being performed. The goal is to increase weight as the reps decrease.)

Monday/Day 50 - Chest

Incline Bench Press: 4 sets of 8 reps
DB Bench Press: 4 sets of 8 reps
DB Chest Flyes: 4 sets of 8 reps

Conditioning:

5 rounds for time-
0.25 Mile (400m) Run
10 Burpees

Tuesday/Day 51 - Back

Bent Barbell Row: 4 sets of 8 reps
Seated Cable Row: 4 sets of 8 reps
Lat Pulldown Machine: 4 sets of 8 reps

-Conditioning:

3 rounds-
10 pullups on pullup machine
1 min bike
50 Flutter Kicks

Thursday/Day 53 - Legs/Shoulders

Front Squat: 4 sets of 8 reps
Barbell Reverse Lunges: 4 sets of 8 reps
Hamstring Curl Machine: 4 sets of 8 reps
DB Strict Press: 4 sets of 8 reps
DB Front Raise: 4 sets of 8 reps

-Conditioning:

40-30-20-10
Squat Jumps
Hollow Rocks

Friday/Day 54 - Arms/Core

Barbell Bicep Curls: 4 sets of 8 reps
Barbell Skullcrushers: 4 sets of 8 reps
Cable Rope Triceps Extensions: 4 sets of 8 reps
DB Lateral Shoulder Raise: 4 sets of 8 reps

-Conditioning:

10 min AMRAP:
10 Situps
7 Burpees
5 V-ups

Week 9 (Choose a weight that is difficult but achievable for the # of reps being performed)

Monday/Day 57 - Chest

Bench Press: 5 sets of 15 reps

DB Incline Chest Flyes: 5 sets of 15 reps

Pec Dec Machine (or machine chest press): 5 sets of 15 reps

Conditioning:

Rowing Intervals:

3 rounds-

1000m row

~rest 3 min

Tuesday/Day 58 - Back

Double DB Bent Row: 5 sets of 15 reps

Assisted Pullup Machine/Banded Pullups: 5 sets of 15 reps

Lat Pulldown Machine: 5 sets of 15 reps

-Conditioning:

Every 2 min for 20 min:

15 Kettlebell Swings + 10 Ab Mat situps

Thursday/Day 60 - Legs/Shoulders

Back Squat: 5 sets of 15 reps

Leg Press: 5 sets of 15 reps

Quad Extension Machine: 5 sets of 15 reps

Strict Press: 5 sets of 15 reps

DB Arnold Press: 5 sets of 15 reps

-Conditioning:

21-15-9

Burpees

DB Thrusters

Friday/Day 61 - Arms/Core

EZ Bar Preacher Curls: 5 sets of 15 reps

DB Hammer Curls: 5 sets of 15 reps

Close Grip Bench Press: 5 sets of 15 reps

DB Overhead Triceps Extensions: 5 sets of 15 reps

Cable Rear Delt Raises: 5 sets of 15 reps

-Conditioning:

20 min AMRAP:

400m/.25 mile run

20 Decline Situps
15 Pushups

Week 10 (Choose a weight that is difficult but achievable for the # of reps being performed, heavier than last week.)

Monday/Day 64 - Chest

Bench Press: 5 sets of 12 reps
DB Incline Chest Flyes: 5 sets of 12 reps
Pec Dec Machine (or machine chest press): 5 sets of 12 reps
-Conditioning:
300 jump rope
30 cal row
200 jump rope
20 cal row
100 jump rope
10 cal row

Tuesday/Day 65 - Back

Double DB Bent Row: 5 sets of 12 reps
Assisted Pullup Machine/Banded Pullups: 5 sets of 12 reps
Lat Pulldown Machine: 5 sets of 12 reps
-Conditioning:
Every 4 min for 24 min:
400m run

Thursday/Day 67 - Legs/Shoulders

Back Squat: 5 sets of 12 reps
Leg Press: 5 sets of 12 reps
Quad Extension Machine: 5 sets of 12 reps
Strict Press: 5 sets of 12 reps
DB Arnold Press: 5 sets of 12 reps
-Conditioning:
5 rounds-
1 min bike
1 min ab mat situps
1 min box step ups

Friday/Day 68 - Arms/Core

EZ Bar Preacher Curls: 5 sets of 12 reps
DB Hammer Curls: 5 sets of 12 reps
Close Grip Bench Press: 5 sets of 12 reps
DB Overhead Triceps Extensions: 5 sets of 12 reps
Cable Rear Delt Raises: 5 sets of 12 reps

-Conditioning:

3 rounds-
30 pushups
30 V-ups

Week 11 (Choose a weight that is difficult but achievable for the # of reps being performed, Heavier than last week.)

Monday/Day 71 - Chest

Bench Press: 5 sets of 10 reps
DB Incline Chest Flyes: 5 sets of 10 reps
Pec Dec Machine (or machine chest press): 5 sets of 10 reps

-Conditioning:

5 rounds-
400m/.25 mile run
80 jump rope
.25 mile bike

Tuesday/Day 72 - Back

Double DB Bent Row: 5 sets of 10 reps
Assisted Pullup Machine/Banded Pullups: 5 sets of 10 reps
Lat Pulldown Machine: 5 sets of 10 reps

-Conditioning:

40-30-20-10
Kettlebell Swings
Box Jumps

Thursday/Day 74 - Legs/Shoulder

Back Squat: 5 sets of 10 reps
Leg Press: 5 sets of 10 reps
Quad Extension Machine: 5 sets of 10 reps
Strict Press: 5 sets of 10 reps

DB Arnold Press: 5 sets of 10 reps

-Conditioning:

5 round-

8 Decline Situps

8 V-ups

8 Hollow Rocks

Friday/Day 75 - Arms/Core

EZ Bar Preacher Curls: 5 sets of 10 reps

DB Hammer Curls: 5 sets of 10 reps

Close Grip Bench Press: 5 sets of 10 reps

DB Overhead Triceps Extensions: 5 sets of 10 reps

Cable Rear Delt Raises: 5 sets of 10 reps

-Conditioning:

20 min AMRAP:

10 DB Power Cleans

10 DB Burpees

10 Hanging Leg Raises

10 DB Burpees

10 DB Shoulder to Overhead

Week 12 (Choose a weight that is difficult but achievable for the # of reps being performed, heavier than last week.)

Monday/Day 78 - Chest

Bench Press: 5 sets of 8 reps

DB Incline Chest Flyes: 5 sets of 8 reps

Pec Dec Machine (or machine chest press): 5 sets of 8 reps

-Conditioning:

5 rounds-

1 min bike

15 pushups

10 burpees

Tuesday/Day 79 - Back

Double DB Bent Row: 5 sets of 8 reps

Assisted Pullup Machine/Banded Pullups: 5 sets of 8 reps

Lat Pulldown Machine: 5 sets of 8 reps

-Conditioning:

3 rounds-

15 Hip Extensions on GHD Machine

12 V-ups

10 Decline Situps

Thursday/Day 81 - Legs/Shoulders

Back Squat: 5 sets of 8 reps

Leg Press: 5 sets of 8 reps

Quad Extension Machine: 5 sets of 8 reps

Strict Press: 5 sets of 8 reps

DB Arnold Press: 5 sets of 8 reps

-Conditioning:

20 min AMRAP:

12 DB Weighted Reverse Lunges

15 cal row

20 situps

Friday/Day 82 - Arms/Core

EZ Bar Preacher Curls: 5 sets of 8 reps

DB Hammer Curls: 5 sets of 8 reps

Close Grip Bench Press: 5 sets of 8 reps

DB Overhead Triceps Extensions: 5 sets of 8 reps

Cable Rear Delt Raises: 5 sets of 8 reps

-Conditioning:

3 rounds-

1 min Kettlebell Swings

1 min row

1 min DB Deadlifts

1 min Rest