

## Total Body Transformation - 3 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/Back**

Bench Press: 4 sets of 15 reps

Incline DB Bench Press: 4 sets of 15 reps

Seated Cable Row: 4 sets of 15 reps

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

*-Conditioning:*

5 rounds for time-

0.25 Mile (400m) Run

10 Burpees

### **Wednesday/Day 3 - 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/Back**

Bench Press: 4 sets of 12 reps

Incline DB Bench Press: 4 sets of 12 reps

Seated Cable Row: 4 sets of 12 reps

Single Arm Dumbbell Lawnmower Row: 4 sets of 12 reps ea arm

*-Conditioning:*

16 min bike

\*Every 2 min do 10 Pushups

### **Wednesday/Day 10 - 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/Back**

Bench Press: 4 sets of 10 reps

Incline DB Bench Press: 4 sets of 10 reps

Seated Cable Row: 4 sets of 10 reps

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

*-Conditioning:*

10 rounds-

1 min bike cal bike

7 DB Thrusters (light)

5 V-ups

### **Wednesday/Day 17 - 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/Back**

Bench Press: 4 sets of 8 reps

Incline DB Bench Press: 4 sets of 8 reps

Seated Cable Row: 4 sets of 8 reps

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

*-Conditioning:*

2 rounds-

5 min row

5 min bike

5 min run

### **Wednesday/Day 24 - 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/Back**

Incline Bench Press: 4 sets of 15 reps  
DB Bench Press: 4 sets of 15 reps  
DB Chest Flyes: 4 sets of 15 reps  
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:*

5 rounds-  
400m run  
20 pushups

**Wednesday/Day 31 - 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/Back**

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

### **Wednesday/Day 38 - 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/Back**

Incline Bench Press: 4 sets of 10 reps  
DB Bench Press: 4 sets of 10 reps  
DB Chest Flyes: 4 sets of 10 reps  
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:*  
Bike Intervals:  
5 rounds-  
30 sec hard  
30 sec medium  
1 min slow

### **Wednesday/Day 45 - 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/Back**

Incline Bench Press: 4 sets of 8 reps  
DB Bench Press: 4 sets of 8 reps  
DB Chest Flyes: 4 sets of 8 reps  
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:*  
5 rounds for time-  
0.25 Mile (400m) Run  
10 Burpees

### **Wednesday/Day 52 - 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/Back**

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  
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:*

Rowing Intervals:  
3 rounds-  
1000m row  
~rest 3 min

### **Wednesday/Day 59 - 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/Back**

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  
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:*  
300 jump rope  
30 cal row  
200 jump rope  
20 cal row  
100 jump rope  
10 cal row

### **Wednesday/Day 66 - 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/Back**

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  
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:*

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

### **Wednesday/Day 73 - Legs/Shoulders**

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/Back**

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  
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:*

5 rounds-  
1 min bike  
15 pushups  
10 burpees

### **Wednesday/Day 80 - 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