

Total Body Transformation - 5 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)

Wednesday/Day 3 - Legs/Core

Back Squat: 4 sets of 15 reps

Leg Press: 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 - Shoulders

Strict Press: 4 sets of 15 reps

DB Lateral Shoulder Raise: 4 sets of 15 reps

-Conditioning:

5 rounds-

4 min Jog

15 Pushups (use your legs to help kip if necessary)

Saturday/Day 6 - 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

Wednesday/Day 10 - Legs/Core

Back Squat: 4 sets of 12 reps

Leg Press: 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 - Shoulders

Strict Press: 4 sets of 12 reps
DB Lateral Shoulder Raise: 4 sets of 12 reps
-Conditioning:
For Time-
400m run
300 Single Unders Jump Rope
30 DB Walking Lunges
30 Situps
200 Single Unders
20 DB Walking Lunges
20 Situps
100 Single Unders
10 DB Walking Lunges
10 Situps
400m run

Saturday/Day 13 - 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

Wednesday/Day 17 - Legs/Core

Back Squat: 4 sets of 10 reps

Leg Press: 4 sets of 10 reps

-Conditioning:

10 min EMOM:

5 Ab Mat Situps + 5 V-ups

Friday/Day 19 - Shoulders

Strict Press: 4 sets of 10 reps

DB Lateral Shoulder Raise: 4 sets of 10 reps

-Conditioning:

For Time-

5 rounds-

400m run

25 Air Squats

15 Pushups

10 Burpees

Saturday/Day 20 - 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

Wednesday/Day 24 - Legs/Core

Back Squat: 4 sets of 8 reps

Leg Press: 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 - Shoulders

Strict Press: 4 sets of 8 reps
DB Lateral Shoulder Raise: 4 sets of 8 reps
-Conditioning:
12 min EMOM:
5-10 Burpees + 5-10 V-ups

Saturday/Day 27 - 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

Wednesday/Day 31 - Legs/Core

Front Squat: 4 sets of 15 reps

Barbell Reverse Lunges: 4 sets of 15 reps

Hamstring Curl Machine: 4 sets of 15 reps

-Conditioning:

100 Air Squats

100 Russian Twists

100 Reverse Lunges

100 Ab Mat Situps

Friday/Day 33 - Shoulders

DB Strict Press: 4 sets of 15 reps

DB Front Raise: 4 sets of 15 reps

DB Lateral Shoulder Raise: 4 sets of 15 reps

-Conditioning:

20 min steady pace on bike

Saturday/Day 34 - 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

-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

Wednesday/Day 38 - Legs/Core

Front Squat: 4 sets of 12 reps

Barbell Reverse Lunges: 4 sets of 12 reps

Hamstring Curl Machine: 4 sets of 12 reps

-Conditioning:

3 rounds-

100m walking lunges (~50 reps)

60 sec plank

1 min bike

Friday/Day 40 - Shoulders

DB Strict Press: 4 sets of 12 reps

DB Front Raise: 4 sets of 12 reps

DB Lateral Shoulder Raise: 4 sets of 12 reps

-Conditioning:

5 rounds-

10 DB Push Press

10 DB Deadlifts

10 DB Front Squats

Saturday/Day 41 - 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

-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

Wednesday/Day 45 - Legs/Core

Front Squat: 4 sets of 10 reps

Barbell Reverse Lunges: 4 sets of 10 reps

Hamstring Curl Machine: 4 sets of 10 reps

-Conditioning:

2 rounds-

50 Reverse Lunges
50 KB Sumo Deadlifts
50 V-ups

Friday/Day 47 - Shoulders

DB Strict Press: 4 sets of 10 reps
DB Front Raise: 4 sets of 10 reps
DB Lateral Shoulder Raise: 4 sets of 10 reps
-Conditioning:
6 rounds-
500m row
~rest 2 min

Saturday/Day 48 - 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
-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

Wednesday/Day 52 - Legs/Core

Front Squat: 4 sets of 8 reps

Barbell Reverse Lunges: 4 sets of 8 reps

Hamstring Curl Machine: 4 sets of 8 reps

-Conditioning:

40-30-20-10

Squat Jumps

Hollow Rocks

Friday/Day 54 - Shoulders

DB Strict Press: 4 sets of 8 reps

DB Front Raise: 4 sets of 8 reps

DB Lateral Shoulder Raise: 4 sets of 8 reps

-Conditioning:

20 min Row at steady pace

Saturday/Day 55 - 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

-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

Wednesday/Day 59 - Legs/Core

Back Squat: 5 sets of 15 reps
Leg Press: 5 sets of 15 reps
Quad Extension Machine: 5 sets of 15 reps
-Conditioning:
21-15-9
Burpees
DB Thrusters

Friday/Day 61 - Shoulders

Strict Press: 5 sets of 15 reps
DB Arnold Press: 5 sets of 15 reps
Cable Rear Delt Raises: 5 sets of 15 reps
-Conditioning:
Bike Intervals-
10 rounds-
30 sec hard
1 min slow

Saturday/Day 62 - 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

-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

Wednesday/Day 66 - Legs/Core

Back Squat: 5 sets of 12 reps
Leg Press: 5 sets of 12 reps

Quad Extension Machine: 5 sets of 12 reps

-Conditioning:

5 rounds-

1 min bike

1 min ab mat situps

1 min box step ups

Friday/Day 68 - Shoulders

Strict Press: 5 sets of 12 reps

DB Arnold Press: 5 sets of 12 reps

Cable Rear Delt Raises: 5 sets of 12 reps

-Conditioning:

30-20-10

Barbell/Ab Wheel Rollouts

Burpees

Saturday/Day 69 - 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

-Conditioning:

3 rounds-

30 pushups

30 V-ups

Week 11 (Choose a weight that is difficult but achievable for the # of reps being performed)

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

Wednesday/Day 73 - Legs/Core

Back Squat: 5 sets of 10 reps

Leg Press: 5 sets of 10 reps

Quad Extension Machine: 5 sets of 10 reps

-Conditioning:

5 round-

8 Decline Situps

8 V-ups

8 Hollow Rocks

Friday/Day 75 - Shoulders

Strict Press: 5 sets of 10 reps

DB Arnold Press: 5 sets of 10 reps

Cable Rear Delt Raises: 5 sets of 10 reps

-Conditioning:

3 rounds-

1000m row

~then slow 250m row between rounds as rest

Saturday/Day 76 - 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

-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)

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

Wednesday/Day 80 - Legs/Core

Back Squat: 5 sets of 8 reps
Leg Press: 5 sets of 8 reps
Quad Extension Machine: 5 sets of 8 reps
-Conditioning:
20 min AMRAP:
12 DB Weighted Reverse Lunges
15 cal row
20 situps

Friday/Day 82 - Shoulders

Strict Press: 5 sets of 8 reps

DB Arnold Press: 5 sets of 8 reps

Cable Rear Delt Raises: 5 sets of 8 reps

-Conditioning:

3 rounds-

800m run

~rest 1 min

400m run

~rest 30 sec

200m run

~rest 15 sec

Saturday/Day 83 - 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

-Conditioning:

3 rounds-

1 min Kettlebell Swings

1 min row

1 min DB Deadlifts

1 min Rest