

BODYWEIGHT

BEAST

2.0

NEW & IMPROVED

12-WEEK MASTER OF BODYWEIGHT PROGRAM

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INTRODUCTION

Your body is capable of unimaginable feats of strength and power. This ultimate master of bodyweight program will teach you how to unlock your full physical potential. With dedication, work ethic, and perseverance you will unleash a shredded physique that is built for performance.

The following pages contain everything needed for an incredible fitness transformation. Each day is complete with a warm-up, comprehensive workout, and conditioning. Instructor's notes are located near the right margin and will detail important information regarding the exercises provided.

The essence of this program is being able to get insanely strong utilizing bodyweight movements. Following that simplistic spirit, the way in which you log your repetitions and sets, as well as monitor progress, will be old school. It is crucial to log your workout using the tables provided to directly see results.

Give this program your highest degree of effort and commitment, and twelve short weeks from now you will have made astonishing improvements, both in the mirror and in your athletic ability. Best of luck. Lets get started.

In The Beginning...

Disclaimer: You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

You should understand that when participating in any exercise or exercise programs, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge OnlyKindsFitness.com & Onlykinds LLC from any and all claims or causes of action, known or unknown, arising out of OnlykindsFitness's negligence.

HOW TO USE

This program is easiest used when printed out. If possible when printing, choose "double sided".

Use the calendars to determine workout days and rest days.

There will be an updated calendar at the beginning of each week.

The gray boxes indicate days that have already been completed.

WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST
WEEK V	DAY 15	REST	DAY 16	REST	DAY 17	REST	REST
WEEK VI	DAY 18	DAY 19	REST	DAY 20	DAY 21	REST	REST
WEEK VII	DAY 22	REST	DAY 23	REST	DAY 24	REST	REST
WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST

Colored boxes indicate the uncompleted days to come.

Workout days are in red and rest days are in blue.

You do not have to start on a monday; however for optimization, try to follow the pattern of workout days and rest days presented in the calendar.

At the beginning of each week there is a place to reflect and plan.

Here it is encouraged to write down any broad goals or notes for the week and/or for the rest of the program. Writing down simple goals will hold you accountable and help you better achieve them.

Think about areas of improvement as well as new achievements for yourself.

WEEK IV

You are going into the final week of phase I. Think about progressing. What are your goals?

NOTES

Each workout day will have a corresponding goal day. Goals are presented as a guide, and should be used to help gauge effort and progressive overload.

DAY 16 GOALS											
Warmup	Jogging					Instructor Notes					
	Goal Time		10 minutes non-stop								
	Pace		20								
Underhand Pullups											
Sets		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		10 12 15			1		8 12 16				
2		10 12 15			2		8 12 16				
3		10 12 15			3		8 12 16				
Plank Pushups											
Sets		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		10 12 15			1		8 12 16				
2		10 12 15			2		8 12 16				
3		10 12 15			3		8 12 16				
Workout											
Underhand Pullups		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		10 12 15			1		8 12 16				
2		10 12 15			2		8 12 16				
3		10 12 15			3		8 12 16				
Side Plank											
Sets		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		10 15 20			1		10 15 20				
2		10 15 20			2		10 15 20				
3		10 15 20			3		10 15 20				
Side Plank											
Sets		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		10 15 20			1		10 15 20				
2		10 15 20			2		10 15 20				
3		10 15 20			3		10 15 20				
Conditioning											
Running 15 Minutes		Goal Distance			Instructor Notes						
Phase II Stretches		Goal Distance			Try to get at least 2 miles in 15 minutes						
Conditioning											
Phase II Stretches		Goal Distance			Complete the full body stretching routine holding each stretch for 20 seconds						

On the far left of each box under goal reps are the beginner goals.

DAY 16											
Warmup	Jogging					Instructor Notes					
	Goal Time		10 minutes								
	Pace		20								
Underhand Pullups											
Sets		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		3			1		3				
2		3			2		3				
3		3			3		3				
Workout											
Underhand Pullups		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		3			1		3				
2		3			2		3				
3		3			3		3				
Side Plank											
Sets		Goal Reps			Sets		Goal Reps			Instructor Notes	
1		3			1		3				
2		3			2		3				
3		3			3		3				
Conditioning											
Running 15 Minutes		Goal Distance			Instructor Notes						
Phase II Stretches		Goal Distance			Log each side						
Conditioning											
Phase II Stretches		Goal Distance			Log each side						

Fill in how many reps/ time you achieved for each set of exercise here. This is so you can track your progress each and every day to see how you are improving.

Underhand Pullups	
Sets	Your Reps
1	
2	
3	

Underhand Pullups			
Sets	Goal Reps		
1	10	12	15
2	10	12	15
3	10	12	15

On the far right of each box under goal reps are the advanced goals.

Compare how many reps/ time you achieved to the goals based on your fitness level. Goals will help you progress throughout the program by slowly increasing as you get stronger.

DAY 5											
Warmup	Jogging					Instructor Notes					
	Time		10 minutes								
	Pace		20								
Squats											
Sets		Your Reps			Sets		Your Reps			Instructor Notes	
1		1			1		1				
2		1			2		2				
3		1			3		3				
Jump Squats											
Sets		Your Reps			Sets		Your Time*			Instructor Notes	
1		1			1		1				
2		1			2		2				
3		1			3		3				
Mountain Climbers											
Sets		Your Reps			Sets		Your Time			Instructor Notes	
1		1			1		1				
2		1			2		2				
3		1			3		3				
Interval Training x3											
Jogging		1 Minute			Sprint		15 Seconds			Instructor Notes	
Lower Body		10 minutes			Upper Body		15 seconds			Interval sessions are non-stop. Jog for 1 minute immediately followed by a 15 second sprint. Do three sets. Rest for 45 seconds.	
Phase I Stretches											
Lower Body		Goal Distance			Upper Body		Goal Distance			Core	
Conditioning											

Instructor notes differ on both goal pages and workout log pages.

Use your best form and effort. See the library of exercises for clarification on any exercise in this program.

Connected boxes indicate a super-set.

A super set is one set of an exercise followed by another set of an exercise before resting.

Bicycle		Plank	
Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Based on this example, we would do as many Bicycles as we could do immediately followed by holding a plank for as long as we could hold (all with good form).

Jogging	
Goal Time	10 minutes non-stop

The warm up at the top of each page is indicated by "Jogging". For a full body warm up that does not require jogging see:
[YouTube.com/c/OnlykindsFitness](https://www.youtube.com/c/OnlykindsFitness)

Interval Training x3			
Jogging	1 Minute		
Sprint	15 Seconds		

Phase I Stretches	
Lower Body	
Upper Body	
Core	

Each phase of interval training and stretches can be checked off when completed.

Remember:

- Always do your best.
- Always use good form.
- Be consistent.
- If you feel the need to change anything up, you may do so. Just keep track of any changes and adjust the program accordingly.

If you have any further questions, feel free to email me at:

lucas@onlykinds.com

PHASE I

CALENDAR

WEEK I	DAY 1	REST	DAY 2	REST	DAY 3	REST	REST
WEEK II	DAY 4	DAY 5	REST	DAY 6	DAY 7	REST	REST
WEEK III	DAY 8	REST	DAY 9	REST	DAY 10	REST	REST
WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST

...THERE WAS A PLAN...

WEEK I

Week 1 consists of 3 full body workout days. Do your best, and use good form. Try to improve each and every day. See the library of exercises for clarification on any exercises in this program.

NOTES

DAY 1 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Pushups			
Sets	Goal Reps		
1	10	20	33 (A.W.)*
2	10	20	34
3	10	20	33

Pullups			
Sets	Goal Reps		
1	4 (A.R.)*	7	10
2	4	7	10
3	4	7	10

Workout

Bicycle				Plank			
Sets	Goal Reps			Sets	Goal Time**		
1	10	20	30	1	15	30	60
2	10	20	30	2	15	30	60
3	10	20	30	3	15	30	60

Conditioning

Squats			
Sets	Goal Reps		
1	12	20	25
2	12	20	25
3	12	20	25

Lunges			
Sets	Goal Reps		
1	12	20	30
2	12	20	30
3	12	20	30

Jogging	
Time	5 minutes

Phase I Stretches	
Complete the full body stretching routine holding each stretch for 20 seconds (see stretching video)	

Instructor Notes

Beginner goal reps/times are on the far left of each box. Intermediate are in the middle, and advanced are on the far right.

Goal rest between each set is 90 seconds unless otherwise noted.

*A.R. stands for Assisted Reps (the use of a resistance band, etc.) and should only be done if you can not achieve the desired number of reps. If performing A.R. on any exercise, be sure to take note.

*A.W. Stands for Added Weight (weighted vest etc.) and can be used if you are reaching advanced goals. However, A.W. is not necessary for progress.

If you have reached an advanced level, A.W. May be used on any/ every exercise but is only illustrated on set 1 of pushups for simplicity.

See Day 1 on how to log A.W. and A.R.

**Time is in seconds

The warmup and stretching will be similar goals for beginner, intermediate, and advanced. Try to stretch to your comfortable limit.

DAY 1

Warmup

Jogging

Time

Workout

Pushups

Sets	Your Reps
1	
2	
3	

Pullups

Sets	Your Reps
1	
2	
3	

Bicycle

Sets	Your Reps
1	
2	
3	

Plank

Sets	Your Time
1	
2	
3	

Squats

Sets	Your Reps
1	
2	
3	

Lunges

Sets	Your Reps
1	
2	
3	

Jogging

Time 5 minutes

Conditioning

Phase I Stretches

Lower Body	
Upper Body	
Core	

Instructor Notes

Log how many reps/ time you performed for each set of each exercise. You can try to hit the goals for beginner, intermediate , or advanced (indicated on the previous page).

If performing Assisted Reps (A.R.) write the number of reps you completed followed by A.R. (7 pullups with assist from a resistance band = 7 / A.R.)

If advanced and using Added Weight (A.W.), log your completed reps and then the amount of added resistance.
(33 pushups with a 20lb weighted vest = 33 + 20lb)

(When adding weight reps might be lower, however you should be able to do the advanced number of reps before choosing to add weight)

A.W. is optional, you can always just do more reps.

Connected boxes indicate a superset. (One set of Bicycle's immediately followed by one set of plank)

Use your best effort, but best possible form.

When form breaks or you know you can not perform another rep, stop the set and log your reps.

DAY 2 GOALS

Warmup

Jogging*

Goal Time	10 minutes non-stop
-----------	---------------------

Pushups			
Sets	Goal Reps		
1	12	22	40
2	12	22	40
3	12	22	40

Decline Pullups			
Sets	Goal Reps		
1	8	12	15
2	8	12	15
3	8	12	15

Instructor Notes

*The 10 minute jogging warmup can be substituted with any functional active warmup. See youtube.com/c/onlykinds-fitness for a warmup that does not require jogging.

Workout

Bicycle				Plank		
Sets	Goal Reps			Sets	Goal Time	
1	12	22	40	1	20	30
2	12	22	30	2	20	30
3	12	22	30	3	15	30

Remember goals are mainly for guidance. always use good form and do your best.

Bulgarian Split Squats

Sets	Goal Reps**		
1	8	12	20
2	8	12	20
3	8	12	20

Lunges

Sets	Goal Reps		
1	10	20	30
2	10	20	30
3	10	20	30

** reps for each side so 10 would be 10 on the left and 10 on the right.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 2

Warmup

Jogging

Time	
------	--

Workout

Pushups

Sets	Your Reps
1	
2	
3	

Dedine Pullups

Sets	Your Reps
1	
2	
3	

Bicycle

Sets	Your Reps
1	
2	
3	

Plank

Sets	Your Time
1	
2	
3	

Bulgarian Split Squats

Sets	Your Reps*
1	
2	
3	

Lunges

Sets	Your Reps
1	
2	
3	

Instructor Notes

Log how many reps/ time you performed for each set of each exercise.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Lower Body	
Upper Body	
Core	

*Be sure to log both right and left side reps. Try to keep them the same.

DAY 3 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Pushups			
Sets	Goal Reps		
1	15	20	40
2	15	20	50
3	15	20	45

Pullups			
Sets	Goal Reps		
1	5	8	12
2	5	8	12
3	5	8	12

Instructor Notes

Workout

Bicycle				Plank		
Sets	Goal Reps			Sets	Goal Time	
1	14	24	40	1	20	30
2	14	24	40	2	20	30
3	14	24	40	3	20	30

Squats				Lunges		
Sets	Goal Reps			Sets	Goal Reps	
1	12	20	25	1	12	20
2	12	20	25	2	12	20
3	12	20	25	3	12	20

The leg portion on day 3 uses the same number of reps as day one, but the exercises are super-sets, which means back-to-back. (squats immediately followed by lunges before rest)

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 3

Warmup

Jogging

Time

Workout

Bicycle

Sets Your Reps

1

2

3

Plank

Sets Your Time

1

2

3

Conditioning

Jogging

Time

5 minutes

Phase I Stretches

Lower Body

Upper Body

Core

Instructor Notes

Log how many reps/ time you performed for each set of each exercise.

This is the last day for week 1.
Try your best!

CALENDAR

Be sure to rest and recover. Eat right and sleep right.

WEEK I	DAY 1	REST	DAY 2	REST	DAY 3	REST	REST
WEEK II	DAY 4	DAY 5	REST	DAY 6	DAY 7	REST	REST
WEEK III	DAY 8	REST	DAY 9	REST	DAY 10	REST	REST
WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST

WEEK II

Week 2 consists of 4 workout days alternating between upper and lower body focused days.

NOTES

DAY 4 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Pushups

Sets	Goal Reps		
1	15	20	40
2	20	25	50
3	15	20	50

Bench Dips

Sets	Goal Reps		
1	8	12	18
2	8	12	18
3	8	12	18

Instructor Notes

Day 4 is upper body focused.
See the library of exercises for
clarification on any exercise.

Workout

Narrow pushups

Sets	Goal Reps		
1	10	20	25
2	10	20	25
3	10	20	25

Pullups

Sets	Goal Reps		
1	5	8	12
2	5	10	15
3	5	8	12

Underhand Pullups

Sets	Goal Reps		
1	5	8	12
2	5	8	12
3	5	8	12

Side Plank

Sets	Goal Time*		
1	20	30	45
2	20	30	45
3	20	30	45

*This is the goal time for each side. Be sure to try to keep each side the same as indicated here in the goals.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 4

Warmup

Jogging

Time	
------	--

Workout

Narrow Pushups

Sets	Your Reps
1	
2	
3	

Bench Dips

Sets	Your Reps
1	
2	
3	

Instructor Notes

Day 4 is upper body intensive. Tomorrow will be lower body. We are separating these days in order to focus on building size and strength in these specific regions.

Underhand Pullups

Sets	Your Reps
1	
2	
3	

Pullups

Sets	Your Reps
1	
2	
3	

*Log your time for each side of the side plank. Try to keep each side similar.

Side Plank

Sets	Your Time*	
1		
2		
3		

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Lower Body	
------------	--

Upper Body	
------------	--

Core	
------	--

DAY 5 GOALS

Warmup

Jogging

Goal Time 10 minutes non-stop

Workout

Squats

Sets	Goal Reps		
1	15	20	30
2	15	20	30
3	15	20	30

Lunges

Sets	Goal Reps		
1	16	22	30
2	16	22	30
3	16	22	30

Instructor Notes

Jump Squats

Sets	Goal Reps		
1	5	8	10
2	5	8	10
3	5	8	10

Tree Pose

Sets	Goal Time*		
1	25	45	60
2	25	45	60
3	25	45	60

*Goal time for each side

Mountain Climbers

Sets	Goal Reps		
1	20	30	40
2	20	30	40
3	20	30	40

Plank

Sets	Goal Time		
1	30	45	60
2	45	60	90
3	30	45	60

Interval Training x3

Complete the Jogging/ Sprint interval session without stopping.

Conditioning

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 5

Warmup

Jogging

Time

Squats

Sets	Your Reps
1	
2	
3	

Lunges

Sets	Your Reps
1	
2	
3	

Workout

Jump Squats

Sets	Your Reps
1	
2	
3	

Tree Pose

Sets	Your Time*
1	
2	
3	

Instructor Notes

Day 4 is upper body intensive. Tomorrow will be lower body. We are separating these days in order to focus on building size and strength in these specific regions.

*Do each side

Conditioning

Interval Training x3

Jogging	1 Minute			
Sprint	15 Seconds			

Interval sessions are non-stop. Jog for 1 minute immediately followed by a 15 second sprint (3 times). Use the boxes to check off as you go.

Phase I Stretches

Lower Body	
Upper Body	
Core	

DAY 6 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Pushups

Sets	Goal Reps		
1	20	25	50
2	20	25	50
3	15	20	50

Bench Dips

Sets	Goal Reps		
1	10	14	20
2	10	14	20
3	8	12	18

Narrow Pushups

Sets	Goal Reps		
1	12	22	28
2	12	22	28
3	10	20	25

Decline Pullups

Sets	Goal Reps		
1	8	12	15
2	10	14	17
3	8	12	15

Underhand Pullups

Sets	Goal Reps		
1	7	9	14
2	6	8	12
3	5	8	12

Side Plank

Sets	Goal Time*		
1	25	35	50
2	25	35	50
3	25	35	50

Instructor Notes

Day 6 is upper body focused. With improved strength you have been developing, try to meet the goals for day 6 which are slightly greater than day 4.

*Time in seconds

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 6

Warmup

Jogging

Time

Workout

Pushups

Sets	Your Reps
1	
2	
3	

Bench Dips

Sets	Your Reps
1	
2	
3	

Narrow Pushups

Sets	Your Reps
1	
2	
3	

Decline Pullups

Sets	Your Reps
1	
2	
3	

Underhand Pullups

Sets	Your Reps
1	
2	
3	

Side Plank

Sets	Your Time*	
1		
2		
3		

Instructor Notes

Day 6 is a duplicate of day 4, however we are going to try to beat our day 4 reps and times according to the goals page or your best effort.

Feel free to use added weight (A.W.) or assisted reps (A.R.) for any exercise, just be sure to take note of doing so.

Conditioning

Jogging

Time 5 minutes

Phase I Stretches

Lower Body

Upper Body

Core

DAY 7 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Squats

Sets	Goal Reps		
1	18	22	33
2	16	22	34
3	14	22	33

Lunges

Sets	Goal Reps		
1	18	24	34
2	18	24	34
3	18	24	34

Instructor Notes

Jump Squats

Sets	Goal Reps		
1	7	10	12
2	6	9	11
3	5	8	10

Tree Pose

Sets	Goal Time*		
1	30	50	60
2	30	50	90
3	30	50	60

*Each side

Mountain Climbers

Sets	Goal Reps		
1	26	34	50
2	26	34	50
3	20	30	40

Plank

Sets	Goal Time		
1	45	60	90
2	45	60	90
3	45	60	90

Interval Training x3

Complete the Jogging/ Sprint interval session without stopping.

Conditioning

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 7

Warmup

Jogging

Time	
------	--

Workout

Squats

Sets	Your Reps
1	
2	
3	

Lunges

Sets	Your Reps
1	
2	
3	

Instructor Notes

Day 7 is a duplicate of day 5, however we are going to try to beat our day 4 reps and times according to the goals page and your best effort.

Jump Squats

Sets	Your Reps
1	
2	
3	

Tree Pose

Sets	Your Time
1	
2	
3	

Mountain Climbers

Sets	Your Reps
1	
2	
3	

Plank

Sets	Your Time
1	
2	
3	

Interval Training x3

Jogging	1 Minute			
Sprint	15 Seconds			

Interval sessions are non-stop. Jog for 1 minute immediately followed by a 15 second sprint (3 times). Use the boxes to check off as you go.

Conditioning

Phase I Stretches

Lower Body	
Upper Body	
Core	

CALENDAR

WEEK I	DAY 1	REST	DAY 2	REST	DAY 3	REST	REST
WEEK II	DAY 4	DAY 5	REST	DAY 6	DAY 7	REST	REST
WEEK III	DAY 8	REST	DAY 9	REST	DAY 10	REST	REST
WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST

WEEK III

How can you improve from last week?

NOTES

DAY 8 GOALS

Warmup

Jogging

Goal Time

10 minutes non-stop

Workout

Pushups				Decline Pullups			
Sets	Goal Reps			Sets	Goal Reps		
1	20	25	40	1	8	12	15
2	20	30	45	2	8	12	15
3	20	25	40	3	8	12	15

Instructor Notes

Check out the library of exercises on how to perform each exercise.

Conditioning

Jogging

Time

5 minutes

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

*Each side

Lunges				Jump Squats			
Sets	Goal Reps			Sets	Goal Reps		
1	18	24	34	1	7	10	12
2	18	24	34	2	6	9	11
3	18	24	34	3	5	8	10

DAY 8

Warmup

Jogging

Time	
------	--

Workout

V-Sit Bicycles

Sets	Your Reps
------	-----------

1	
---	--

2	
---	--

3	
---	--

Switch Plank

Sets	Your Time*
------	------------

1	
---	--

2	
---	--

3	
---	--

Instructor Notes

In day 8 we are increasing the amount of supersets to further challenge our body.

*Do each side

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Lower Body	
------------	--

Upper Body	
------------	--

Core	
------	--

DAY 9 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Pushups				Pullups			
Sets	Goal Reps			Sets	Goal Reps		
1	22	28	45	1	6	10	14
2	24	33	50	2	7	11	15
3	20	25	40	3	5	9	12

Instructor Notes

Goal reps are getting higher across the board. Do your best.

Workout

V-Sit Bicycles				Switch Plank			
Sets	Goal Reps			Sets	Goal Time		
1	20	30	40	1	20	30	45
2	20	30	40	2	20	30	45
3	20	30	40	3	20	30	45

Due to an increase of reps on upper body and lower body exercises, we are keeping our core goals the same.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 9

Warmup

Jogging

Time	
------	--

Workout

V-Sit Bicycles

Switch Plank

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Lower Body	
Upper Body	
Core	

Instructor Notes

Day 9 and 10 are similar to day 8. We want to try to beat our previous reps/ times according to the goals or your best effort.

DAY 10 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Pushups			Decline Pullups				
Sets	Goal Reps		Sets	Goal Reps			
1	24	30	50	1	8	12	15
2	25	35	50	2	10	15	18
3	20	25	45	3	8	12	15

Instructor Notes

Do your best to reach your desired goal but always remember to use good form.

Conditioning

Jump Lunges			Jump Squats				
Sets	Goal Reps		Sets	Goal Reps			
1	16	20	30	1	10	12	16
2	16	20	30	2	10	12	16
3	16	20	30	3	8	10	14

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 10

Warmup

Jogging

Time	
------	--

Workout

V-Sit Bicycles

Switch Plank

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Instructor Notes

In day 8 we are increasing the amount of supersets to further challenge our body.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Lower Body	
------------	--

Upper Body	
------------	--

Core	
------	--

We are adding a jump to our lunges (jump switch lunges) to increase the difficulty and work on explosiveness for day 10.

CALENDAR

WEEK I	DAY 1	REST	DAY 2	REST	DAY 3	REST	REST
WEEK II	DAY 4	DAY 5	REST	DAY 6	DAY 7	REST	REST
WEEK III	DAY 8	REST	DAY 9	REST	DAY 10	REST	REST
WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST

WEEK IV

You are going into the final week of phase I. Think about progressing.
What are your goals?

NOTES

DAY 11 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Switch Squats				Jump Lunges			
Sets	Goal Reps			Sets	Goal Reps		
1	20	30	40	1	14	20	30
2	20	30	40	2	14	20	30
3	20	30	40	3	14	20	30

Instructor Notes

Check out the library of exercises on how to perform each exercise.

Workout

Jump Squats				Tree Pose			
Sets	Goal Reps			Sets	Goal Time		
1	6	8	10	1	30	45	60
2	6	8	10	2	30	45	60
3	6	8	10	3	30	45	60

Jump squat goals are based on maximum effort vertical jumps.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

Time for each side.

DAY 11

Warmup

Jogging

Time	
------	--

Instructor Notes

Day 11 is lower body focused.

Workout

Jump Squats

Jump Lunges

Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Jump Squats

Tree Pose

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Mountain Climbers

Table Top*

*Keep core tight, do each side.

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Lower Body	
Upper Body	
Core	

DAY 12 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Instructor Notes

Pushups				Pullups			
Sets	Goal Reps			Sets	Goal Reps		
1	24	30	50	1	7	11	15
2	25	35	50	2	7	12	15
3	20	25	45	3	7	10	15

Workout

Side-to-Side Pushups				Bench Dips			
Sets	Goal Reps			Sets	Goal Reps		
1	12	16	26	1	12	16	26
2	12	16	26	2	12	16	26
3	12	16	26	3	12	16	26

Check out the library of exercises on how to perform each exercise.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 12

Warmup

Jogging

Time

Instructor Notes

Day 12 is upperbody focused.

Workout

Side-to-Side Pushups

Sets Your Reps

1

2

3

Bench Dips

Sets Your Reps

1

2

3

Underhand Pullups

Sets Your Reps

1

2

3

Tucked L-Hang

Sets Your Time

1

2

3

Finish your set of underhand pullups with a tucked L-hang for as long as you can.

This also challenges our grip strength!

Conditioning

Jogging

Time

5 minutes

Phase I Stretches

Lower Body

Upper Body

Core

DAY 13 GOALS

Warmup

Jogging

Goal Time 10 minutes non-stop

Workout

Jump Squats				Tree Pose			
Sets	Goal Reps			Sets	Goal Reps		
1	22	34	46	1	16	22	34
2	22	34	46	2	16	22	34
3	22	34	46	3	16	22	34

Instructor Notes

We increase some of our goals from day 11 on day 13.

Do your best with good form!

Conditioning

Interval Training x3

Complete the Jogging/ Sprint interval session without stopping.

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 13

Warmup

Jogging

Time	
------	--

Instructor Notes

Day 13 is lower body focused.

Workout

Jump Squats

Jump Lunges

Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Use good form.

Jump Squats

Tree Pose

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Mountain Climbers

Table Top

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Interval Training x3

Jogging	1 Minute			
Sprint	15 Seconds			

Phase I Stretches

Lower Body	
Upper Body	
Core	

DAY 14 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Pushups				Decline Pullups			
Sets	Goal Reps			Sets	Goal Reps		
1	25	30	50	1	10	15	18
2	25	35	50	2	10	15	18
3	25	30	50	3	8	12	15

Instructor Notes

We increase our rep goals from day 12.

If you can not increase your reps towards the end of the workout, then try to keep the reps the same as on day 12.

Conditioning

Jogging

Time	5 minutes
------	-----------

Phase I Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 14

Warmup

Jogging

Time

Instructor Notes

Remember only rest when done with the superset.

Workout

Side-to-Side Pushups

Sets Your Reps

Bench Dips

Sets Your Time

Underhand Pullups

Sets Your Reps

Tucked L-Hang

Sets Your Time

Finish your set of underhand pullups with a tucked L-hang for as long as you can.

Conditioning

Jogging

Time

5 minutes

Phase I Stretches

Lower Body

Upper Body

Core

PHASE II

CALENDAR

WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST
WEEK V	DAY 15	REST	DAY 16	REST	DAY 17	REST	REST
WEEK VI	DAY 18	DAY 19	REST	DAY 20	DAY 21	REST	REST
WEEK VII	DAY 22	REST	DAY 23	REST	DAY 24	REST	REST
WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST

...LET THERE BE STRENGTH...

WEEK V

NOTES

DAY 15 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Workout

Clap Pushups

Sets	Goal Reps		
1	10	15	20
2	12	18	25
3	10	15	20

Pullups

Sets	Goal Reps		
1	8	10	12
2	9	11	14
3	10	12	15

Instructor Notes

*Goal number of reps.

Tucked Lever Reps*

Sets	Goal Reps		
1	5	10	15
2	5	10	15
3	5	10	15

Plank

Sets	Goal Time		
1	30	45	60
2	30	45	60
3	30	45	60

Jump Lunges

Sets	Goal Reps		
1	16	22	34
2	16	22	34
3	16	22	34

Single Leg Glute Bridge

Sets	Goal Reps		
1	10	15	20
2	10	15	20
3	10	15	20

Goal for each side on single leg glute bridge.

Interval Training x3

Complete the Jogging/ Sprint interval session without stopping.

Conditioning

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 15

Warmup

Jogging	
Goal Time	
Pushups	

Instructor Notes

Workout

Clap Pushups	
Sets	Your Reps
1	
2	
3	

Pullups	
Sets	Your Reps
1	
2	
3	

Tucked Lever Reps*	
Sets	Your Reps
1	
2	
3	

Plank	
Sets	Your Time
1	
2	
3	

Jump Lunges	
Sets	Your Reps
1	
2	
3	

Single Leg Glute Bridge	
Sets	Your Reps
1	
2	
3	

Conditioning

Interval Training x3	
Jogging	1 Minute
Sprint	15 Seconds

Try to sprint faster

Phase II Stretches	
Lower Body	
Upper Body	
Core	

DAY 16 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	20

Decline Pullups

Sets	Goal Reps			
1	12	15	18	
2	12	15	18	
3	12	15	18	

Pike Pushups

Sets	Goal Reps			
1	8	12	16	
2	8	12	16	
3	8	12	16	

Instructor Notes

Use good form!

Workout

Tucked L-Sit

Sets	Goal Time			
1	10	15	20	
2	10	15	20	
3	10	15	20	

Side Plank

Sets	Goal Time			
1	30	45	60	
2	30	45	60	
3	30	45	60	

Goal time is for each side with the side plank

Bulgarian Split Squats

Single Leg Glute Bridges

Sets	Goal Reps				Sets	Goal Reps			
1	10	15	20		1	10	15	20	
2	10	15	20		2	10	15	20	
3	10	15	20		3	10	15	20	

Goal reps are for each side with these lower body exercises.

Conditioning

Running 15 Minutes

Goal Distance	Try to get at least 2 miles in 15 minutes
---------------	---

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 16

Warmup

Jogging	
Goal Time	
Pushups	

Instructor Notes

Workout

Tucked L-Sit	
Sets	Your Time
1	
2	
3	

Side Plank	
Sets	Your Time
1	
2	
3	

Log each side

Bulgarian Split Squats		Single Leg Glute Bridges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Log each side

Conditioning

Running 15 Minutes	
Your Distance	

How far did you get in 15 minutes?

Phase II Stretches	
Lower Body	
Upper Body	
Core	

DAY 17 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	20

Workout

Decline Pushups

Sets	Goal Reps		
1	14	25	30
2	18	25	30
3	16	25	30

Pullups

Sets	Goal Reps		
1	9	11	14
2	10	12	15
3	10	12	15

Instructor Notes

Tucked Lever Time*

Sets	Goal Time		
1	15	20	30
2	15	20	30
3	15	20	30

Tucked L-Sit

Sets	Goal Time		
1	10	15	20
2	10	15	20
3	10	15	20

*Goal time for tucked lever hold. Time is in seconds.

Jump Squats

Jump Lunges

Sets	Goal Reps			Sets	Goal Reps		
1	10	12	14	1	18	24	36
2	9	11	13	2	18	24	36
3	8	10	12	3	18	24	36

Interval Training x3

Complete the Jogging/ Mountain Climber interval session without stopping.

Conditioning

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 17

Warmup

Jogging	
Goal Time	
Pushups	

Workout

Tucked Lever Time*	
Sets	Your Time
1	
2	
3	

Pullups	
Sets	Your Reps
1	
2	
3	

Tucked L-Sit	
Sets	Your Time
1	
2	
3	

Jump Squats		Jump Lunges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Conditioning

Interval Training x3					
Jogging	1 Minute				
Mountain Climbers	15 Seconds				

Phase II Stretches	
Lower Body	
Upper Body	
Core	

Instructor Notes

*Start from hanging then pull legs up into tucked lever position record the amount of time you can hold this position with good form.

CALENDAR

WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST
WEEK V	DAY 15	REST	DAY 16	REST	DAY 17	REST	REST
WEEK VI	DAY 18	DAY 19	REST	DAY 20	DAY 21	REST	REST
WEEK VII	DAY 22	REST	DAY 23	REST	DAY 24	REST	REST
WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST

...LET THERE BE STRENGTH...

WEEK VI

NOTES

DAY 18 GOALS

Warmup

Jogging			
Goal Time			10 minutes non-stop
Pushups			20

Workout

Decline Pushups			
Sets	Goal Reps		
1	16	25	33
2	18	30	34
3	18	25	33

Wall Walks			
Sets	Goal Reps		
1	3	4	5
2	3	4	5
3	3	4	5

Instructor Notes

Wall walks are slow and controlled movements.

Underhand Pullups			
Sets	Goal Reps		
1	10	12	15
2	12	14	17
3	10	12	15

Side-to-Side Pullups			
Sets	Goal Reps		
1	8	10	12
2	8	10	12
3	8	10	12

Tucked Lever Reps			
Sets	Goal Reps		
1	5	10	15
2	5	10	15
3	5	10	15

Tucked L-Sit			
Sets	Goal Time		
1	10	15	20
2	15	20	25
3	10	15	20

Interval Training x3

Complete the Jogging/ Sprint interval session without stopping.

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

Conditioning

DAY 18

Warmup

Jogging	
Goal Time	
Pushups	

Instructor Notes

Workout

Decline Pushups	
Sets	Your Reps
1	
2	
3	

Wall Walks	
Sets	Your Reps
1	
2	
3	

Underhand Pullups	
Sets	Your Reps
1	
2	
3	

Side-to-Side Pullups	
Sets	Your Reps
1	
2	
3	

Tucked Lever Reps	
Sets	Your Reps
1	
2	
3	

Tucked L-Sit	
Sets	Your Reps
1	
2	
3	

Conditioning

Interval Training x3	
Jogging	1 Minute
Sprint	15 Seconds

Try to sprint faster

Phase II Stretches	
Lower Body	
Upper Body	
Core	

DAY 19 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Bulgarian Split Squats

Sets	Goal Reps		
1	15	20	25
2	15	20	25
3	15	20	25

Jump Lunges

Sets	Goal Reps		
1	18	24	36
2	18	24	36
3	18	24	36

Instructor Notes

Every rep counts! Do not compromise form.

Conditioning

V-Sit Bicycles

Sets	Goal Reps		
1	20	30	40
2	20	30	40
3	20	30	40

Switch Plank

Sets	Goal Time		
1	25	35	50
2	25	35	50
3	25	35	50

Running 15 Minutes

Goal Distance	Try to get at least 2 miles in 15 minutes
---------------	---

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 19

Warmup

Jogging

Goal Time

Workout

Jump Squats

Sets	Your Reps
1	
2	
3	

Jump Lunges

Sets	Your Reps
1	
2	
3	

Instructor Notes

Remember, try to do each side evenly on exercises that have the split boxes.

V-Sit Bicycles

Sets	Your Reps
1	
2	
3	

Switch Plank

Sets	Your Time
1	
2	
3	

Conditioning

Running 15 Minutes

Your Distance

Phase II Stretches

Lower Body	
Upper Body	
Core	

DAY 20 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	20

Workout

Pike Pushups

Sets	Goal Reps		
1	10	15	20
2	10	15	20
3	10	15	20

Clap Pushups

Sets	Goal Reps		
1	12	18	25
2	12	18	25
3	10	15	20

Instructor Notes

See the library of exercises for classification on any new exercise.

Wall Walks

Sets	Goal Reps		
1	3	4	5
2	3	4	5
3	3	4	5

Chest Pullups

Sets	Goal Reps		
1	5	7	9
2	5	7	9
3	5	7	9

Decline Pullups

Sets	Goal Reps		
1	12	15	20
2	12	15	20
3	12	15	20

Tucked L-Sit

Sets	Goal Time		
1	15	20	25
2	15	20	25
3	10	15	20

Interval Training x4

Complete the Jogging/ Sprint interval session without stopping.

Conditioning

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 20

Warmup

Jogging	
Goal Time	
Pushups	

Instructor Notes

Workout

Pike Pushups	
Sets	Your Reps
1	
2	
3	

Clap Pushups	
Sets	Your Reps
1	
2	
3	

Wall Walks	
Sets	Your Reps
1	
2	
3	

Chest Pullups	
Sets	Your Reps
1	
2	
3	

Decline Pullups	
Sets	Your Reps
1	
2	
3	

Tucked L-Sit	
Sets	Your Time
1	
2	
3	

Conditioning

Interval Training x4	
Jogging	1 Minute
Sprint	15 Seconds

Add another set to your interval training

Phase II Stretches	
Lower Body	
Upper Body	
Core	

DAY 21 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Bulgarian Split Squats			
Sets	Goal Reps		
1	20	25	30
2	20	25	30
3	15	20	25

Jump Lunges			
Sets	Goal Reps		
1	20	26	40
2	20	26	40
3	18	24	36

Instructor Notes

Don't neglect any exercise.

Jump Squats			
Sets	Goal Reps		
1	12	14	16
2	12	14	16
3	10	12	14

Single Leg Glute Bridges			
Sets	Goal Reps		
1	12	18	22
2	12	18	22
3	12	18	22

V-Sit Bicycles			Switch Plank		
Sets	Goal Reps		Sets	Goal Time	
1	20	30	40	1	25
2	20	30	40	2	35
3	20	30	40	3	50

Conditioning

Running 15 Minutes

Goal Distance	Try to get at least 2 miles in 15 minutes
---------------	---

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 21

Warmup

Jogging

Time

Workout

Jump Squats

Sets Your Reps

1

2

3

Jump Lunges

Sets Your Reps

1

2

3

Instructor Notes

Try to beat your previous self.

Single Leg Glute Bridges

Sets Your Time

1

2

3

V-Sit Bicycles

Sets Your Reps

1

2

3

Switch Plank

Sets Your Time

1

2

3

Conditioning

Running 15 Minutes

Your Distance

Phase II Stretches

Lower Body

Upper Body

Core

CALENDAR

WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST
WEEK V	DAY 15	REST	DAY 16	REST	DAY 17	REST	REST
WEEK VI	DAY 18	DAY 19	REST	DAY 20	DAY 21	REST	REST
WEEK VII	DAY 22	REST	DAY 23	REST	DAY 24	REST	REST
WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST

...LET THERE BE STRENGTH...

WEEK VII

NOTES

DAY 22 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Decline Pushups

Underhand Pullups

Sets	Goal Reps			Sets	Goal Reps		
1	18	30	40	1	10	12	15
2	18	30	34	2	12	14	17
3	18	25	33	3	10	12	15

Clap Pushups

Chest Pullups

Sets	Goal Reps			Sets	Goal Reps		
1	12	18	25	1	5	7	9
2	12	18	25	2	5	7	9
3	10	15	20	3	5	7	9

Conditioning

Jogging

Goal Time	5 minutes non-stop
-----------	--------------------

Instructor Notes

Overall workout volume is increasing this day. Mentally prepare yourself and take one superset at a time.

Tucked L-Sit

Plank

Sets	Goal Time			Sets	Goal Reps		
1	15	20	25	1	30	45	60
2	15	20	25	2	30	45	60
3	10	15	20	3	30	45	60

Squats

Jump Lunges

Sets	Goal Reps			Sets	Goal Reps		
1	20	30	40	1	16	22	34
2	20	30	40	2	16	22	34
3	20	30	40	3	16	22	34

DAY 22

Warmup

Jogging

Time	
------	--

Decline Pushups

Underhand Pullups

Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Instructor Notes

As always use your best effort with your best possible form.

Workout

Tucked L-Sit

Plank

Sets	Your Time	Sets	Your Reps
1		1	
2		2	
3		3	

Squats

Jump Lunges

Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Conditioning

Jogging

Time	
------	--

Phase II Stretches

Lower Body	
------------	--

Upper Body	
------------	--

Core	
------	--

DAY 23 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Side-to-Side Pushups				Side-to-Side Pullups			
Sets	Goal Reps			Sets	Goal Reps		
1	14	18	28	1	8	10	12
2	12	16	26	2	8	10	12
3	12	16	26	3	8	10	12

Instructor Notes

The increase in exercise volume will help progressively overload the body causing adaptations of improvement.

Tucked L-Sit				Plank			
Sets	Goal Time			Sets	Goal Time		
1	20	25	30	1	30	45	60
2	15	20	25	2	30	45	60
3	10	15	20	3	30	45	60

Underhand Pullups				Tucked L-Hang			
Sets	Goal Reps			Sets	Goal Time		
1	10	12	15	1	20	30	45
2	12	14	17	2	20	30	45
3	10	12	15	3	20	30	45

Assisted Pistol Squats				Switch Squats			
Sets	Goal Reps			Sets	Goal Reps		
1	5	8	10	1	20	30	40
2	5	8	10	2	20	30	40
3	5	8	10	3	20	30	40

Conditioning

Jogging

Goal Time	5 minutes non-stop
-----------	--------------------

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 23

Warmup

Jogging

Time

Side-to-Side Pushups

Sets

Your Reps

1

2

3

Side-to-Side Pullups

Sets

Your Reps

1

2

3

Instructor Notes

This full body mix of exercises is not easy. Be sure to focus.

Workout

Tucked L-Sit

Sets

Your Time

1

2

3

Plank

Sets

Your Time

1

2

3

Underhand Pullups

Tucked L-Hang

Sets

Your Reps

1

2

3

Sets

Your Time

1

2

3

Assisted Pistol Squats

Switch Squats

Sets

Your Reps

1

2

3

Sets

Your Reps

1

2

3

Conditioning

Jogging

Time

Phase II Stretches

Lower Body

Upper Body

Core

DAY 24 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Pushups				Pullups			
Sets	Goal Reps			Sets	Goal Reps		
1	18	20	33	1	10	12	15
2	14	18	30	2	10	12	15
3	12	16	26	3	10	12	15

Instructor Notes

Remember rest, recovery and proper nutrition are just as important as the exercise when it comes to improvement!

Conditioning

Assisted Pistol Squats

Switch Squats

Sets	Goal Reps			Sets	Goal Reps		
1	5	8	10	1	20	30	40
2	8	10	12	2	20	30	40
3	5	8	10	3	20	30	40

Jogging

Goal Time	5 minutes non-stop
-----------	--------------------

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 24

Warmup

Jogging

Time

Workout

Tucked L-Sit

Plank

Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Jump Squats

Jump Lunges

Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Assisted Pistol Squats

Switch Squats

Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Conditioning

Jogging

Time

Phase II Stretches	
Lower Body	
Upper Body	
Core	

Instructor Notes

Do you best!

CALENDAR

WEEK IV	DAY 11	DAY 12	REST	DAY 13	DAY 14	REST	REST
WEEK V	DAY 15	REST	DAY 16	REST	DAY 17	REST	REST
WEEK VI	DAY 18	DAY 19	REST	DAY 20	DAY 21	REST	REST
WEEK VII	DAY 22	REST	DAY 23	REST	DAY 24	REST	REST
WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST

...LET THERE BE STRENGTH...

WEEK VIII

NOTES

DAY 25 GOALS

Warmup

Jogging

Goal Time 10 minutes non-stop

Workout

Decline Pushups

Decline Pullups

Sets	Goal Reps			Sets	Goal Reps		
1	18	30	40	1	12	15	18
2	18	30	34	2	14	16	20
3	18	25	33	3	12	15	18

Wall Walks

Tucked L-Sit

Sets	Goal Reps			Sets	Goal Time		
1	3	4	5	1	20	25	30
2	3	4	5	2	20	25	30
3	3	4	5	3	20	25	30

Chair Dips

Underhand Pullups

Sets	Goal Reps			Sets	Goal Reps		
1	14	18	28	1	10	12	15
2	12	16	26	2	12	14	17
3	12	16	26	3	10	12	15

Plank

Side Plank

Sets	Goal Time			Sets	Goal Time		
1	30	45	60	1	20	30	45
2	30	45	60	2	20	30	45
3	30	45	60	3	20	30	45

Conditioning

Jogging

Goal Time 5 minutes non-stop

Instructor Notes

Try to meet your desired goals. Remember you can always use assisted reps or added weight if needed.

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 25

Warmup

Jogging	
Time	

Workout

Decline Pushups		Decline Pullups	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Wall Walks		Tucked L-Sit	
Sets	Your Reps	Sets	Your Time
1		1	
2		2	
3		3	

Chair Dips		Underhand Pullups	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Plank		Side Plank	
Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Jogging	
Time	

Phase II Stretches	
Lower Body	
Upper Body	
Core	

Instructor Notes

This is the final week of phase II. Focus on good form and doing your best.

DAY 26 GOALS

Warmup

Jogging

Goal Time 10 minutes non-stop

Workout

Squats				Jump Lunges			
Sets	Goal Reps			Sets	Goal Reps		
1	25	35	45	1	16	22	34
2	25	35	45	2	16	22	34
3	20	30	40	3	16	22	34

Instructor Notes

This lower body day is intense.
Remember to rest and recover.

Assisted Pistol Squats				Tucked Lever Reps			
Sets	Goal Reps			Sets	Goal Reps		
1	8	10	12	1	5	10	15
2	8	10	12	2	5	10	15
3	5	8	10	3	5	10	15

Lunges				Jump Squats			
Sets	Goal Time			Sets	Goal Reps		
1	20	26	38	1	12	14	16
2	20	26	38	2	12	14	16
3	20	26	38	3	10	12	14

Tucked L-Sit				Side Plank			
Sets	Goal Time			Sets	Goal Time		
1	20	25	30	1	20	30	45
2	20	25	30	2	20	30	45
3	20	25	30	3	20	30	45

Conditioning

Interval Training x3

Complete the Jogging/ Sprint interval session without stopping.

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 26

Warmup

Jogging

Time

Squats		Jump Lunges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Instructor Notes

Workout

Assisted Pistol Squats		Tucked Lever Reps	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Lunges		Jump Squats	
Sets	Your Time	Sets	Your Reps
1		1	
2		2	
3		3	

Tucked L-Sit		Side Plank	
Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Interval Training x3

Jogging

1 Minute

Sprint

15 Seconds

There are only 3 rounds of interval training due to the high volume workout.

Phase II Stretches

Lower Body

Upper Body

Core

DAY 27 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
-----------	---------------------

Workout

Pike Pushups

Sets	Goal Reps			Sets	Goal Reps		
1	12	18	25	1	10	12	15
2	10	14	20	2	11	14	17
3	10	14	20	3	10	12	15

Clap Pushups

Sets	Goal Reps		
1	12	18	25
2	12	18	25
3	10	15	20

Side-to-Side Pullups

Sets	Goal Reps		
1	10	12	14
2	10	12	14
3	10	12	14

Dips*

Sets	Goal Reps			Sets	Goal Reps		
1	8	10	12	1	12	15	20
2	8	10	12	2	12	15	20
3	8	10	12	3	12	15	20

Tucked L-Sit

Sets	Goal Time			Sets	Goal Time		
1	20	25	30	1	20	30	45
2	20	25	30	2	20	30	45
3	20	25	30	3	20	30	45

Conditioning

Jogging

Goal Time	5 minutes non-stop
-----------	--------------------

Instructor Notes

*If you don't have a two bar dip set up then do chair dips.
If doing chair dips, reps should be greater than the illustrated goals.

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 27

Warmup

Jogging

Time

Pike Pushups

Sets

Your Reps

1

2

3

Pullups

Sets

Your Reps

1

2

3

Instructor Notes

This is an intense upper body day!

Workout

Clap Pushups

Sets

Goal Reps

1

2

3

Side-to-Side Pullups

Sets

Goal Reps

1

2

3

Dips

Sets

Your Reps

1

2

3

Decline Pullups

Sets

Your Reps

1

2

3

Tucked L-Sit

Sets

Your Time

1

2

3

Side Plank

Sets

Your Time

1

2

3

Conditioning

Jogging

Time

Phase II Stretches

Lower Body

Upper Body

Core

DAY 28 GOALS

Warmup

Jogging

Goal Time 10 minutes non-stop

Workout

Assisted Pistol Squats			Jump Squats			
Sets	Goal Reps		Sets	Goal Reps		
1	8	10	12	1	12	14
2	8	10	12	2	12	14
3	8	10	12	3	12	14

Instructor Notes

Focus on the quality of each rep.

Conditioning

Interval Training x5

Complete the Jogging/ Sprint interval session without stopping.

Phase II Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 28

Warmup

Jogging	
Time	

Instructor Notes

There is slightly less volume on this day; however, there will be an increase in interval training.

Workout

Assisted Pistol Squats		Jump Squats	
Sets	Goal Reps	Sets	Goal Reps
1		1	
2		2	
3		3	

Conditioning

Tucked L-Sit		Side Plank	
Sets	Goal Time	Sets	Goal Time
1		1	
2		2	
3		3	

Interval Training x5					
Jogging	1 Minute				
Sprint	15 Seconds				

Interval training has increased to 5 rounds on this day.

Phase II Stretches	
Lower Body	
Upper Body	
Core	

PHASE III

CALENDAR

WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST
WEEK IX	DAY 29	REST	DAY 30	REST	DAY 31	REST	REST
WEEK X	DAY 32	DAY 33	REST	DAY 34	DAY 35	REST	REST
WEEK XI	DAY 36	REST	DAY 37	REST	DAY 38	REST	REST
WEEK XII	DAY 39	DAY 40	REST	DAY 41	DAY 42	REST	REST

...ACHIEVE GREATNESS...

WEEK IX

NOTES

DAY 29 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Instructor Notes

The number of sets has increased significantly for each exercise. Remember to use good form throughout the entire plan.

Workout

Tucked Planche

Sets	Goal Time		
1	8	12	15
2	10	15	20
3	8	12	15

L-Sit

Sets	Goal Time		
1	10	15	20
2	15	20	25
3	10	15	20

Bulgarian Split Squats

Jump Lunges

Sets	Goal Reps			Sets	Goal Reps		
1	20	25	30	1	16	22	34
2	20	25	30	2	16	22	34
3	15	20	25	3	16	22	34
4	15	20	25	4	16	22	34
5	15	20	25	5	16	22	34

Jogging

Goal Time	5 minutes non-stop
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Conditioning

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 29

Warmup

Jogging	
Goal Time	
Pushups	

Instructor Notes

As always, log the number of reps you achieved with good form.

Workout

Tucked Planche		L-Sit	
Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Bulgarian Split Squats		Jump Lunges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	
4		4	
5		5	

Jogging	
Time	

Phase III Stretches	
Lower Body	
Upper Body	
Core	

DAY 30 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Workout

Tucked Planche

Sets	Goal Time		
1	10	15	20
2	10	15	20
3	8	12	15

Chest Pullups

Sets	Goal Reps		
1	8	10	12
2	8	10	12
3	8	10	12

Instructor Notes

Today volume is less but the difficulty of each exercise is greater.

Pistol Squats

Sets	Goal Reps		
1	4	6	8
2	4	6	8
3	4	6	8

Jump Squats

Sets	Goal Reps		
1	12	14	16
2	12	14	16
3	12	14	16

Conditioning

Running 15 Minutes

Goal Distance Try to get over 2 miles in 15 minutes

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 30

Warmup

Jogging	
Time	
Pushups	

Workout

Handstand Pushups	
Sets	Your Reps
1	
2	
3	

Chest Pullups	
Sets	Your Reps
1	
2	
3	

Tucked Planche	
Sets	Your Time
1	
2	
3	

Single Leg Lever	
Sets	Your Times
1	
2	
3	

Pistol Squats		Jump Squats	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Conditioning

Running 15 Minutes

Your Distance

Log the distance you achieved in 15 minutes. Try to go further than you did previously.

Phase III Stretches

Lower Body

Upper Body

Core

DAY 31 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Workout

Wall Handstand

Sets	Goal Time		
1	10	20	30
2	10	20	30
3	10	20	30

Chest Pullups

Sets	Goal Reps		
1	8	10	12
2	9	11	14
3	8	10	12

Instructor Notes

Remember to breathe during isometric exercises.

Tucked Planche

Sets	Goal Reps		
1	10	15	20
2	10	15	20
3	10	15	20

Single Leg Lever

Sets	Goal Time		
1	5	8	10
2	5	8	10
3	5	8	10

Pistol Squats

Jump Lunges

Sets	Goal Reps			Sets	Goal Reps		
1	4	6	8	1	20	30	40
2	4	6	8	2	20	30	40
3	4	6	8	3	20	30	40

Conditioning

Interval Training x5

Complete the Jogging/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 31

Warmup

Jogging	
Time	
Pushups	

Workout

Wall Handstand	
Sets	Your Time
1	
2	
3	

Chest Pullups	
Sets	Your Reps
1	
2	
3	

Tucked Planche	
Sets	Your Reps
1	
2	
3	

Single Leg Lever	
Sets	Your Time
1	
2	
3	

Pistol Squats		Jump Lunges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	

Conditioning

Interval Training x5						
Jogging	1 Minute					
Sprint	15 Seconds					

Phase III Stretches	
Lower Body	
Upper Body	
Core	

Instructor Notes

You may try to balance in a handstand by pushing slightly off the wall into a free standing position.

CALENDAR

WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST
WEEK IX	DAY 29	REST	DAY 30	REST	DAY 31	REST	REST
WEEK X	DAY 32	DAY 33	REST	DAY 34	DAY 35	REST	REST
WEEK XI	DAY 36	REST	DAY 37	REST	DAY 38	REST	REST
WEEK XII	DAY 39	DAY 40	REST	DAY 41	DAY 42	REST	REST

...ACHIEVE GREATNESS...

WEEK X

NOTES

DAY 32 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Pushups	15

Workout

Handstand Pushups			
Sets	Goal Reps		
1	6	10	12
2	6	10	14
3	4	8	12

Tucked Planche			
Sets	Goal Time		
1	10	15	20
2	10	15	20
3	10	15	20

Instructor Notes

Pay attention to super sets vs. single exercises.

Clap Pushups				Pullups			Tucked Lever Reps				
Sets	Goal Reps			Sets	Goal Reps			Sets	Goal Reps		
1	12	18	25	1	10	12	15	1	3	4	7
2	12	18	25	2	11	14	17	2	3	4	7
3	10	15	20	3	10	12	15	3	3	4	7

L-Hang				Plank			
Sets	Goal Time			Sets	Goal Time		
1	15	20	30	1	30	45	60
2	15	20	30	2	30	45	60
3	15	20	30	3	30	45	60

Conditioning

Interval Training x3

Complete the High Knee/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 32

Warmup

Jogging	
Time	
Pushups	

Workout

Handstand Pushups	
Sets	Your Reps
1	
2	
3	

Tucked Planche	
Sets	Your Time
1	
2	
3	

Clap Pushups		Pullups		Tucked Lever Reps	
Sets	Your Reps	Sets	Your Reps	Sets	Your Reps
1		1		1	
2		2		2	
3		3		3	

L-Hang		Plank	
Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Interval Training x3					
High Knees	30 Seconds				
Sprint	15 Seconds				

Instructor Notes

These exercises are not easy. Do your best.

Phase III Stretches	
Lower Body	
Upper Body	
Core	

Rather than jog/ sprint, we add in a high knee/ sprint interval workout.

DAY 33 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Lunges	20

Workout

Jump Squats			
Sets	Goal Reps		
1	12	14	16
2	15	18	20
3	12	14	16

Pistol Squats			
Sets	Goal Reps		
1	6	8	10
2	6	8	10
3	6	8	10

Instructor Notes

Try to achieve the desired number of reps based on your fitness goal.

Jump Lunges				Power Skips			Adv. Tree Pose				
Sets	Goal Reps			Sets	Goal Reps			Sets	Goal Time		
1	20	30	40	1	20	30	40	1	20	30	45
2	20	30	40	2	20	30	40	2	20	30	45
3	20	30	40	3	20	30	40	3	20	30	45

L-Sit				Side Plank			
Sets	Goal Time			Sets	Goal Time		
1	10	15	20	1	20	30	45
2	15	20	25	2	20	30	45
3	10	15	20	3	20	30	45

Conditioning

Interval Training x3

Complete the High Knee/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 33

Warmup

Jogging	
Time	
Pushups	

Instructor Notes

As always, try to achieve even reps/ times for exercises that require one side at a time (split boxes indicate an OST exercise).

Workout

Jumping Lunges		Power Skips		Adv. Tree Pose	
Sets	Goal Reps	Sets	Goal Reps	Sets	Goal Time
1		1		1	
2		2		2	
3		3		3	

Conditioning

L-Sit		Side Plank	
Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Interval Training x3					
High Knees	30 Seconds				
Sprint	15 Seconds				

Phase III Stretches	
Lower Body	
Upper Body	
Core	

DAY 34 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Wall Handstand

Sets	Goal Time		
1	15	25	35
2	15	25	35
3	10	20	30

Tucked Planche

Sets	Goal Time		
1	15	20	25
2	10	15	20
3	10	15	20

Instructor Notes

Workout

Clap Pushups

Chest Pullups

Tucked Lever (Time)

Sets	Goal Reps			Sets	Goal Reps			Sets	Goal Time		
1	12	18	25	1	8	10	12	1	8	10	15
2	12	18	25	2	9	11	14	2	8	10	15
3	10	15	20	3	8	10	12	3	8	10	15
4	8	12	15	4	5	8	10	4	8	10	15

L-Hang Pullups

Sets	Goal Reps		
1	5	8	10
2	5	8	10
3	5	8	10
4	5	8	10

The L-Hang Pullup combines two strengths we have been developing over these past weeks.

See the library of exercises for clarification.

Conditioning

Interval Training x3

Complete the Jog/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 34

Warmup

Jogging	
Time	
Pushups	

Wall Handstand

Sets	Your Reps
1	
2	
3	

Tucked Planche

Sets	Your Time
1	
2	
3	

Instructor Notes

Do your best!

Workout

Clap Pushups		Chest Pullups		Tucked Lever	
Sets	Your Reps	Sets	Your Reps	Sets	Your Time
1		1		1	
2		2		2	
3		3		3	
4		4		4	

L-Hang Pullups

Sets	Your Reps
1	
2	
3	
4	

Conditioning

Interval Training x3

Jogging	1 Minute			
Sprint	20 Seconds			

Phase III Stretches

Lower Body	
Upper Body	
Core	

DAY 35 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Lunges	20

Jump Squats

Sets	Goal Reps		
1	15	18	20
2	15	18	20
3	12	14	16

Pistol Squats

Sets	Goal Reps		
1	6	8	10
2	8	10	12
3	6	8	10

Instructor Notes

This leg day has very high volume exercises. Do your best to stay mentally strong.

Workout

Jump Lunges			Power Skips			Adv. Tree Pose		
Sets	Goal Reps		Sets	Goal Reps		Sets	Goal Time	
1	20	30	40	1	20	30	40	1
2	20	30	40	2	20	30	40	2
3	20	30	40	3	20	30	40	3
4	14	20	30	4	12	20	30	4
5	14	20	30	5	12	20	30	5

Conditioning

V-Sit Bicycles

Plank

Sets	Goal Reps		Sets	Goal Time	
1	20	30	40	1	20
2	30	40	50	2	30
3	20	30	40	3	30

Interval Training x5

Complete the High Knee/Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 35

Warmup

Jogging	
Time	
Lunges	

Jump Squats	
Sets	Your Reps
1	
2	
3	

Pistol Squats	
Sets	Your Reps
1	
2	
3	

Instructor Notes

Focus

Workout

Jump Lunges		Power Skips		Adv. Tree Pose	
Sets	Your Reps	Sets	Your Reps	Sets	Your Time
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	

V-Sit Bicycles		Plank	
Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Interval Training x5						
High Knees	30 Seconds					
Sprint	15 Seconds					

Conditioning

Phase III Stretches	
Lower Body	
Upper Body	
Core	

CALENDAR

WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST
WEEK IX	DAY 29	REST	DAY 30	REST	DAY 31	REST	REST
WEEK X	DAY 32	DAY 33	REST	DAY 34	DAY 35	REST	REST
WEEK XI	DAY 36	REST	DAY 37	REST	DAY 38	REST	REST
WEEK XII	DAY 39	DAY 40	REST	DAY 41	DAY 42	REST	REST

...ACHIEVE GREATNESS...

WEEK XI

NOTES

DAY 36 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Pike Pushups

Sets	Goal Reps		
1	12	18	25
2	12	18	25
3	10	15	20
4	10	15	20
5	8	12	15

Chest Pullups

Sets	Goal Reps		
1	8	10	12
2	9	11	14
3	8	10	12
4	8	10	12
5	5	8	10

Instructor Notes

This is a very high volume full body workout day! Rest and recover.

Workout

Tucked Planche

Sets	Goal Time		
1	15	20	25
2	10	15	20
3	10	15	20

L-Sit

Sets	Goal Time		
1	15	20	25
2	15	20	25
3	10	15	20

Jump Squats

Sets	Goal Reps		
1	15	18	20
2	15	18	20
3	12	14	16
4	12	14	16

Single Leg Glute Bridges

Sets	Goal Reps		
1	12	18	22
2	12	18	22
3	12	18	22
4	12	18	22

Conditioning

Running 15 Minutes

Goal Distance	Try to get over 2 miles in 15 minutes
---------------	---------------------------------------

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 36

Warmup

Jogging	
Time	
Pushups	

Workout

Pike Pushups	
Sets	Your Reps
1	
2	
3	
4	
5	

Chest Pullups	
Sets	Your Reps
1	
2	
3	
4	
5	

Instructor Notes

You are getting better and better

Conditioning

Jump Squats

Single Leg Glute Bridges

Sets	Your Reps
1	
2	
3	
4	

Sets	Your Reps
1	
2	
3	
4	

Running 15 Minutes

Your Distance

Try to run farther!

Phase III Stretches

Lower Body

Upper Body

Core

DAY 37 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop		
Pushups	15		

Handstand

Sets	Goal Time		
1	8	10	15
2	8	10	15
3	8	10	15

Side-to-side pullups

Sets	Goal Reps		
1	10	12	14
2	10	12	14
3	10	12	14

Instructor Notes

Try your best to free balance in a handstand. You may use a wall if necessary.

In this case the handstand may be held for longer than the goals illustrated on this page.

Workout

Tucked Planche

Sets	Goal Time		
1	15	20	25
2	15	20	25
3	10	15	20

Single Leg Lever

Sets	Goal Time		
1	8	10	12
2	8	10	12
3	8	10	12

Conditioning

Interval Training x5

Complete the High Knee/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 37

Warmup

Jogging	
Time	
Pushups	

Workout

Handstand	
Sets	Your Time
1	
2	
3	

Side-to-side pullups	
Sets	Your Reps
1	
2	
3	

Tucked Planche	
Sets	Your Time
1	
2	
3	

Single Leg Lever	
Sets	Your Time
1	
2	
3	

Pistol Squats		Jump Lunges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	
4		4	

Conditioning

Interval Training x5	
High Knees	30 Seconds
Sprint	15 Seconds

Phase III Stretches	
Lower Body	
Upper Body	
Core	

Instructor Notes

If you decide to use a wall to achieve your handstand, log that as an assisted rep (A.R.).

DAY 38 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Pushups	15

Handstand Pushups	
Sets	Goal Reps
1	8
2	6
3	6
	12
	10
	12
	10
	12

Pullups	
Sets	Goal Reps
1	12
2	12
3	12
	15
	20
	20
	20

Instructor Notes

If you do more or less than the illustrated goals, that is ok.

It is most important to use proper form and do good reps.

Workout

Tucked Planche	
Sets	Goal Time
1	15
2	15
3	15
	20
	25
	25

L-Sit	
Sets	Goal Time
1	15
2	15
3	15
	20
	25
	25

Pistol Squats				Jump Lunges			
Sets	Goal Reps	Sets	Goal Reps	Sets	Goal Reps	Sets	Goal Reps
1	8	1	20	20	30	40	
2	8	2	20	30	40		
3	8	3	20	30	40		
4	6	4	20	30	40		
	10						
	12						

Conditioning

Interval Training x5
Complete the Jogging/ Sprint interval session without stopping.

Phase III Stretches
Complete the full body stretching routine holding each stretch for 20 seconds

DAY 38

Warmup

Jogging	
Time	
Pushups	

Workout

Handstand Pushups	
Sets	Your Reps
1	
2	
3	

Pullups	
Sets	Your Reps
1	
2	
3	

Instructor Notes

As always use controlled form with complete reps.

Tucked Planche	
Sets	Your Time
1	
2	
3	

L-Sit	
Sets	Your Time
1	
2	
3	

Pistol Squats		Jump Lunges	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	
4		4	

Interval Training x5						
Jogging	30 Seconds					
Sprint	15 Seconds					

Conditioning

Phase III Stretches	
Lower Body	
Upper Body	
Core	

CALENDAR

WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST
WEEK IX	DAY 29	REST	DAY 30	REST	DAY 31	REST	REST
WEEK X	DAY 32	DAY 33	REST	DAY 34	DAY 35	REST	REST
WEEK XI	DAY 36	REST	DAY 37	REST	DAY 38	REST	REST
WEEK XII	DAY 39	DAY 40	REST	DAY 41	DAY 42	REST	REST

...ACHIEVING GREATNESS...

WEEK XII

NOTES

DAY 39 GOALS

Warmup

Jogging

Goal Time	10 minutes non-stop
Pushups	15

Workout

Handstand Pushups

Sets	Goal Reps		
1	8	12	14
2	8	12	14
3	8	12	14

Chest Pullups

Sets	Goal Reps		
1	10	12	14
2	10	12	14
3	10	12	14

Instructor Notes

This is the final week.

Side-to-Side Pushups

Underhand Pullups

Dips

Sets	Goal Time		
1	10	12	14
2	10	12	14
3	10	12	14

Sets	Goal Reps		
1	10	12	15
2	12	14	17
3	10	12	15

Sets	Goal Reps		
1	10	12	15
2	10	12	15
3	10	12	15

L-Hang

Switch Plank

Sets	Goal Time		
1	15	20	30
2	20	25	35
3	15	20	30

Sets	Goal Time		
1	20	30	45
2	20	30	45
3	20	30	45

Conditioning

Interval Training x4

Complete the High Knee/ Mountain Climber interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 39

Warmup

Jogging

Time	
Pushups	

Instructor Notes

Let's finish this final week strong

Workout

Handstand Pushups

Sets	Your Reps
1	
2	
3	

Chest Pullups

Sets	Your Reps
1	
2	
3	

Side-to-Side Pushups

Sets	Your Reps
1	
2	
3	

Underhand Pullups

Sets	Your Reps
1	
2	
3	

Dips

Sets	Your Reps
1	
2	
3	

L-Hang

Sets	Your Time
1	
2	
3	

Switch Plank

Sets	Your Time
1	
2	
3	

Interval Training x4

High Knees	30 Seconds				
Mountain Climbers	15 Seconds				

Conditioning

Phase III Stretches

Lower Body	
Upper Body	
Core	

DAY 40 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Lunges	20

Jump Lunges

Sets	Goal Reps		
1	20	30	40
2	20	30	40
3	20	30	40
4	20	30	40
5	20	30	40

Pistol Squats

Sets	Goal Reps		
1	8	10	12
2	8	10	12
3	8	10	12
4	6	8	10
5	6	8	10

Instructor Notes

Try to be mentally consistent throughout even when it gets difficult.

Workout

Jump Squats				Power Skips			Adv. Tree Pose				
Sets	Goal Reps			Sets	Goal Reps			Sets	Goal Time		
1	15	18	20	1	20	30	40	1	20	30	45
2	15	18	20	2	20	30	40	2	30	45	60
3	15	18	20	3	20	30	40	3	20	30	45

V-Sit Bicycles

Plank

I-Hang

Sets	Goal Reps			Sets	Goal Time			Sets	Goal Time		
1	20	30	40	1	20	30	45	1	20	25	35
2	30	40	50	2	20	30	45	2	20	25	35
3	20	30	40	3	20	30	45	3	15	20	30

Interval Training x4

Complete the High Knee/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

Conditioning

DAY 40

Warmup

Jogging	
Time	
Lunges	

Workout

Jump Lunges		Pistol Squats	
Sets	Your Reps	Sets	Your Reps
1		1	
2		2	
3		3	
4		4	
5		5	

Instructor Notes

This is a high volume leg day! Do your best.

Jump Squats		Power Skips		Adv. Tree Pose	
Sets	Your Reps	Sets	Your Reps	Sets	Your Time
1		1		1	
2		2		2	
3		3		3	

V-Sit Bicycles		Plank		L-Hang	
Sets	Your Reps	Sets	Your Time	Sets	Your Time
1		1		1	
2		2		2	
3		3		3	

Conditioning

Interval Training x4	
High Knees	30 Seconds
Sprints	15 Seconds

Phase III Stretches	
Lower Body	
Upper Body	
Core	

DAY 41 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Pushups	15

Workout

Handstand			
Sets	Goal Time		
1	10	15	20
2	15	20	30
3	10	15	20

Chest Pullups			
Sets	Goal Reps		
1	10	12	14
2	12	14	16
3	10	12	14

Instructor Notes

Try to beat old reps/ times and reach new goals.

Side-to-Side Pushups				Underhand Pullups			Dips				
Sets	Goal Time			Sets	Goal Reps			Sets	Goal Reps		
1	12	14	16	1	12	14	17	1	12	15	20
2	12	14	16	2	12	14	17	2	10	12	15
3	10	12	14	3	10	12	15	3	10	12	15

L-Hang				Switch Plank			
Sets	Goal Time			Sets	Goal Time		
1	20	25	35	1	20	30	45
2	20	25	35	2	20	30	45
3	15	20	30	3	20	30	45

Conditioning

Interval Training x4

Complete the High Knee/ Mountain Climber interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

DAY 41

Warmup

Jogging

Time	
Pushups	

Instructor Notes

Handstand

Sets	Your Time
1	
2	
3	

Chest Pullups

Sets	Your Reps
1	
2	
3	

This is the final upper body focused day for these 12 weeks. Do your best.

Workout

Side-to-Side Pushups

Underhand Pullups

Dips

Sets	Your Time	Sets	Your Reps	Sets	Your Reps
1		1		1	
2		2		2	
3		3		3	

L-Hang

Switch Plank

Sets	Your Time	Sets	Your Time
1		1	
2		2	
3		3	

Conditioning

Interval Training x4

High Knees	30 Seconds			
Mountain Climbers	15 Seconds			

Phase III Stretches

Lower Body	
Upper Body	
Core	

DAY 42 GOALS

Warmup

Jogging	
Goal Time	10 minutes non-stop
Lunges	20

Jump Lunges

Sets	Goal Reps		
1	22	34	50
2	22	34	50
3	20	30	40
4	20	30	40
5	20	30	40

Pistol Squats

Sets	Goal Reps		
1	8	10	12
2	8	10	12
3	8	10	12
4	8	10	12
5	8	10	12

Instructor Notes

Finish strong!

Workout

Jump Squats				Power Skips			Adv. Tree Pose				
Sets	Goal Reps			Sets	Goal Reps			Sets	Goal Time		
1	15	18	20	1	20	30	40	1	30	45	60
2	15	18	20	2	20	30	40	2	30	45	60
3	15	18	20	3	20	30	40	3	30	45	60

V-Sit Bicycles

V-Sit Bicycles			Plank			L-Hang					
Sets	Goal Reps		Sets	Goal Time		Sets	Goal Time				
1	30	40	50	1	20	30	45	1	20	25	35
2	30	40	50	2	20	30	45	2	20	25	35
3	20	30	40	3	20	30	45	3	20	25	35

Interval Training x4

Complete the High Knee/ Sprint interval session without stopping.

Phase III Stretches

Complete the full body stretching routine holding each stretch for 20 seconds

Conditioning

DAY 42

Warmup

Jogging	
Time	
Lunges	

Workout

Jump Lunges		Pistol Squats		Instructor Notes	
Sets	Your Reps	Sets	Your Reps	Do your best!	
1		1			
2		2			
3		3			
4		4			
5		5			

Jump Squats		Power Skips		Adv. Tree Pose	
Sets	Your Reps	Sets	Your Reps	Sets	Your Time
1		1		1	
2		2		2	
3		3		3	

Conditioning

V-Sit Bicycles		Plank		L-Hang	
Sets	Your Reps	Sets	Your Time	Sets	Your Time
1		1		1	
2		2		2	
3		3		3	

Interval Training x4					
High Knees	30 Seconds				
Sprints	15 Seconds				

Phase III Stretches	
Lower Body	
Upper Body	
Core	

CALENDAR

WEEK VIII	DAY 25	DAY 26	REST	DAY 27	DAY 28	REST	REST
WEEK IX	DAY 29	REST	DAY 30	REST	DAY 31	REST	REST
WEEK X	DAY 32	DAY 33	REST	DAY 34	DAY 35	REST	REST
WEEK XI	DAY 36	REST	DAY 37	REST	DAY 38	REST	REST
WEEK XII	DAY 39	DAY 40	REST	DAY 41	DAY 42	REST	REST

YOU HAVE DEFEATED THE BEAST.

Continuing Your Fitness Journey

Now that you understand workout structure, you better understand how to create your own workouts.

Use a similar method as this program to keep track of your workouts so you can monitor progress.

Balance your workout days and workout weeks allowing proper rest and recovery to trained body zones.

Eat a healthy diet to fuel and repair your body.

Always warm up at the beginning and cool down/ stretch at the end of your training sessions.

Keep a positive mindset.

Get better and better.

Spread the good news.

...And It Was Good

If you are interested in various free follow along workouts as well as fitness & nutrition advice be sure to subscribe to :

[YouTube.com/C/OnlykindsFitness](https://www.youtube.com/c/OnlykindsFitness)

LIBRARY OF EXERCISES

Read exercises like a book (from left to right)

“Hold” indicates an isometric exercise that should be held in that position for time.

“Rep 1” indicates completion of one repetition of the exercise. “Rep 2” indicates the completion of the second rep (demonstrated for exercises that require alternation indicated by “ALTERNATE”). For example, doing 2 reps of jump lunges would be one rep on the right side followed by one rep on the left side.

“OST” stands for One Side at a Time. For OST complete the desired number of reps on one side (right or left) before switching to the other side and completing the same number of reps. For example, doing 10 glute bridges on the right side followed by 10 glute bridges on the left.

*Some exercises can be done as either alternating, or one side at a time.
This program will choose for you.

However, if you would rather do an alternating exercise as OST or an OST exercise as alternating then remember to try to keep OST exercises the same reps for each side and alternating exercises an even number of reps.

“Explode” indicates a fast movement throughout the concentric phase of an exercise. The concentric portion (phase of an exercise where muscles contract) of these exercises are to be fast and controlled.

Upper body focused exercises are indicated by the red boxes, core focused by the yellow, and lower body focused are in the blue boxes.

Always use good form.

For additional tips and advice on exercises and using added weight or performing assisted reps, see our instructional videos on YouTube.com/c/OnlykindsFitness

UPPER BODY FOCUSED EXERCISES

Pushups



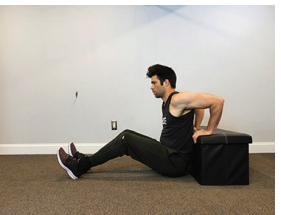
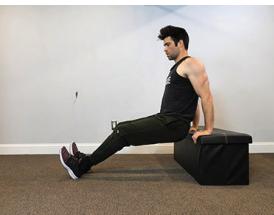
Pullups



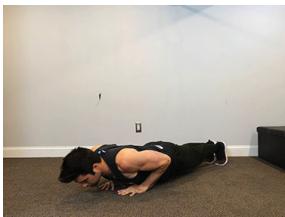
Rep 1



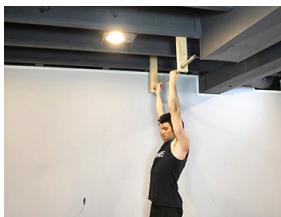
Bench Dips



Narrow Pushups

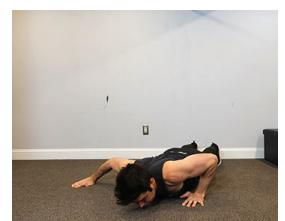


Underhand Pullups

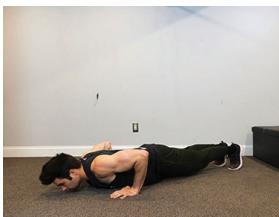


Side-to-side Pushups

ALTERNATE



Clap Pushups



Rep 1



Decline Pushups



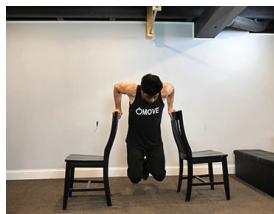
Wall Walks



Chest Pullups



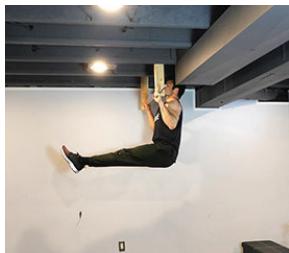
Dips



Wall Handstand



L-Hang Pullups



Handstand



Side-to-side Pullups

ALTERNATE



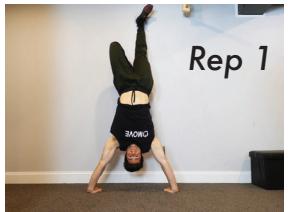
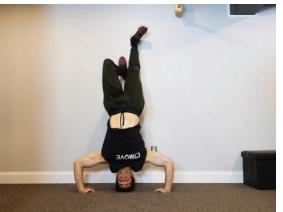
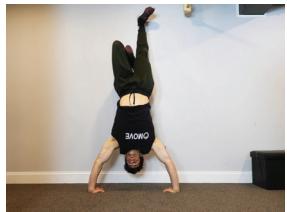
Pike Pushups



Decline Pullups



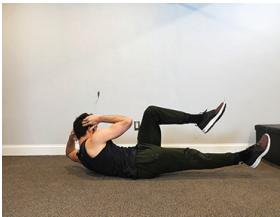
Handstand Pushups



CORE FOCUSED EXERCISES

Bicycles

ALTERNATE



Plank

Hold



Side Plank

OST

Hold Right



Hold Left



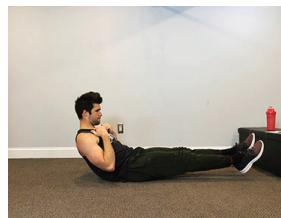
Mountain Climbers

ALTERNATE



V-Sit Bicycles

ALTERNATE



Switch Planks

OST

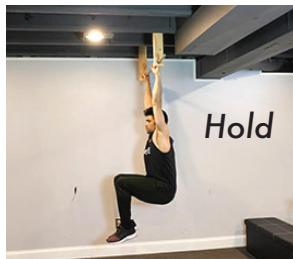
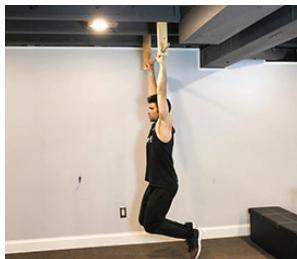


Table Top

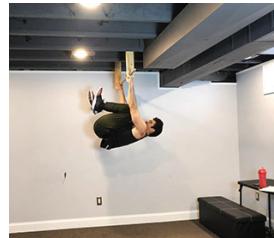
OST



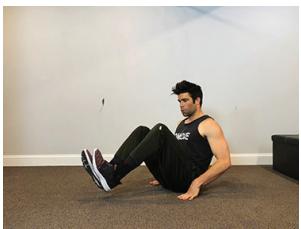
Tucked L-Hang



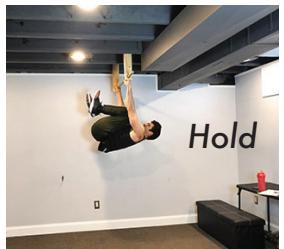
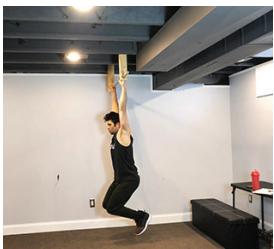
Tucked Lever Reps



Tucked L-Sit



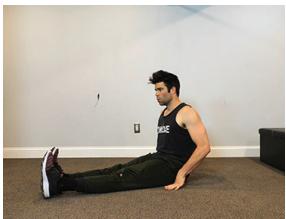
Tucked Lever Time



Tucked Planche



L-Sit



Single Leg Lever

OST



L-Hang



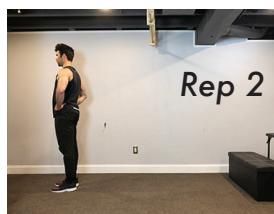
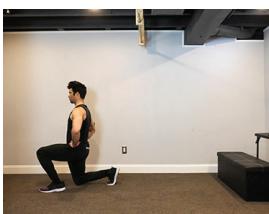
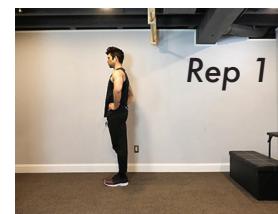
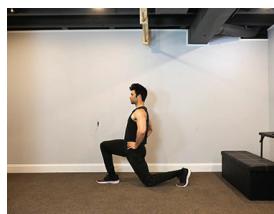
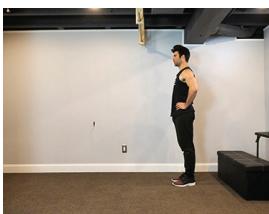
LOWER BODY FOCUSED EXERCISES

Squats

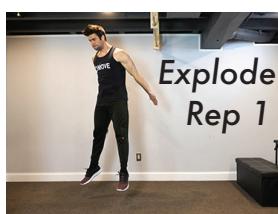


Lunges

ALTERNATE



Jump Squats



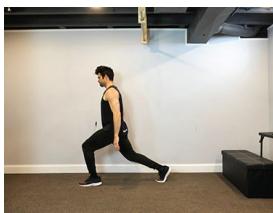
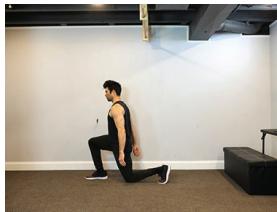
Tree Pose

OST



Jump Lunges

ALTERNATE



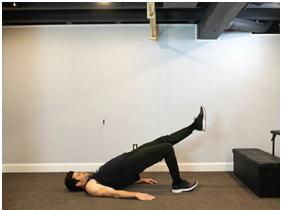
Switch Squats

ALTERNATE



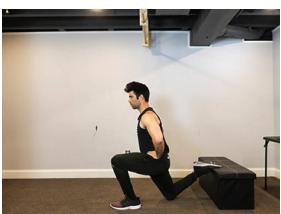
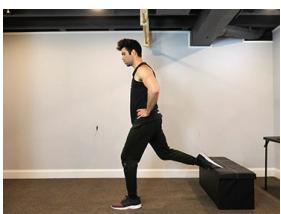
Single Leg Glute Bridge

OST



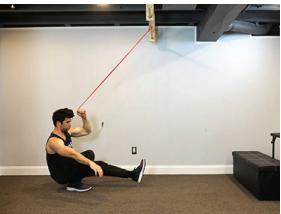
Bulgarian Split Squats

OST



Assisted Pistol Squats

OST



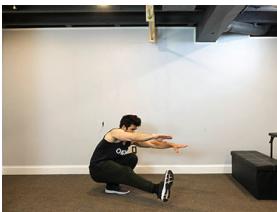
Adv. Tree Pose

OST



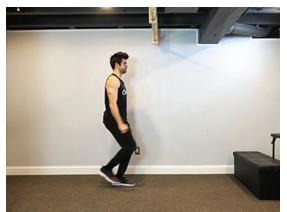
Pistol Squats

OST



Power Skips

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Thank you.

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