

TARA LAFERRARA

MONTH 1

Welcome to my Strength and Mobility Challenge! I'm here to help you get your butt lower in squats, nail your first push-up and maybe even lift something you never thought you could. Hello — badassery coming your way!

This month, you'll determine your current level of mobility and strength. You'll do some tests to figure out where you are currently and make a plan to start building strength in creative ways.

Warm-Ups

With my plan, you'll have three warm-ups. Each one is five minutes and will correspond to the particular workout you're doing that day. Always do your warm-up before exercising, and cool down with some light stretching and/or foam rolling

WEEK 1

DAY 1

Strength and Mobility Tests

Today will be a little different — it's time to gauge your current fitness level. Over the course of this program, you're working toward increasing the range of motion in your ankles, hips and shoulders, and you will increase your overall strength.

Make sure you take photos and/or videos and write it all down — you can only go up from here, my friend!

First, perform your full-body warm-up, then get into these tests.

MOBILITY

- Ankles — range of motion (both sides)
- Squat Depth (Passive Squat Hold)
- Overhead Squat

STRENGTH

Take a video and/or photo of your timer.

- Max Push-Ups in a Row
- Longest Wall Sit
- Longest Hollow Boat Hold

DAY 2

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Down Dog to Toe Tap	45
<i>Rest</i>	15
Straight-Arm Scorpion	45
<i>Rest</i>	15
Reverse Tabletop Hand-to-Toe Tap	45
<i>Rest</i>	15
External Rotation Reverse-Lunge Twist	45
<i>Rest</i>	15

SUPERSETS

Perform the moves back-to-back with minimal rest in between. Complete three rounds.

Exercise	Reps/Time
Squat	10
Quad Lean-Back	5
<i>Rest</i>	60 seconds

CIRCUIT 2

Complete three rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Plank Alternating Shoulder Tap	20
Superman Hand Tap	5
Sphinx Push-Up	8-10
Hip Thrust	15

6-MINUTE EMOM

Every minute on the minute, perform the first move. For the remainder of the minute, perform the second move, then begin again at the top of the next minute.

Exercise	Reps
Push-Up	6-8
Bicycle Crunch	max reps

DAY 3

Full-Body Workout

CIRCUIT 1

Complete four rounds of the following workout. Switch sides each round, resting as needed.

Exercise	Reps
Bent-Over Y	6
Lateral Lunge	10
Inchworm Walkout	5
Tabletop Bird Dog	10

CIRCUIT 2

Perform the moves back-to-back with minimal rest in between. Complete four rounds.

Exercise	Reps/Time
One-Arm Mini-Band Bent-Over Row	6 (each side)
Mini-Band Shoulder Pulse-Out	15 (each direction)
Plank Up/Down	10
Rest	30-60 seconds

SUPERSETS

Perform these moves back-to-back with minimal rest in between. Complete four rounds.

Exercise	Reps/Time
Alternating Reverse Lunge	6 (each side)
Mini-Band lateral Walk	15 (each direction)
Rest	30-60 seconds

6-MINUTE AMRAP

Complete as many rounds and reps as possible of the following workout in six minutes. Start with two reps of each move, and add two reps with each subsequent round.

Exercise	Reps
V-Up	2, 4, 6 ...
Forearm Plank Knee Tap	2, 4, 6 ...
Plank Thruster	2, 4, 6 ...

DAY 4

Rest/Active Recovery

DAY 5

Full-Body Workout

CIRCUIT 1

Complete four rounds of the following workout. Switch sides each round, and rest 20 to 30 seconds between moves.

Exercise	Reps
Fire Hydrant	10
Half-Kneeling Lateral Lunge Rock	12
Runner's Lunge Thoracic Spine Opener	12

CIRCUIT 2

Complete four rounds of the following workout. Rest minimally between moves.

Exercise	Reps
Cossack Squat	5 (each side)
Mini-Band Cha-Cha	15 (each side)
Plank Thruster	10
Frog Pump	12

CIRCUIT 3

Complete four rounds of the following workout.

Exercise	Reps/Time
Side-Lying Triceps Press-Up	6 (each side)
Plank Jack Knee Drive	10 (each side)
High Knees	10 (each side)
Rest	30-60 seconds

CIRCUIT 4

Complete this workout one time through.

Exercise	Time/Reps
Wall Sit	to failure
Alternating Forward-Lunge Twist	6 (each side)

DAY 6

Core and Cardio Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Good Morning	40
<i>Rest</i>	20
Skater	40
<i>Rest</i>	20
Superman Pulldown	40
<i>Rest</i>	20
Hover Tabletop to Plank	40
<i>Rest</i>	20

CIRCUIT 2

Perform three rounds of the following workout.

Exercise	Time/Reps
Reverse Plank	30 seconds
Hover Tabletop Hip Drop	30 seconds
Commando Jack	10
<i>Rest</i>	30 seconds

CIRCUIT 3

Complete four rounds of the following workout.

Exercise	Seconds
Three-Step Heisman	45
<i>Rest</i>	15
Tuck-In	45
<i>Rest</i>	15
Plank Jack Knee Drive	45
<i>Rest</i>	15
Dead Bug	45
<i>Rest</i>	15
Forearm Plank Double-Knee Tap	45
<i>Rest</i>	15

DAY 7

Rest/Active Recovery

WEEK 2

DAY 1

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Down-Dog Runner's Lunge Reach	40
<i>Rest</i>	20
Passive Squat to Forward Fold	40
<i>Rest</i>	20
Reverse Tabletop Hand-to-Toe Tap	40
<i>Rest</i>	20

CIRCUIT 2

Complete four rounds of the following workout. Rest minimally between moves.

Exercise	Reps/Time
Bench Power Knee	12 (each side)
Bench Plank Hop-Over	20
Mini-Band Wall Sit Pulse-Out	30
<i>Rest</i>	30-40 seconds

CIRCUIT 3

Complete three rounds of the following workout.

Exercise	Reps/Time
Triceps Dip	10
Mini-Band Concentration Curl	8 (each side)
Bench Depth Jump	12
<i>Rest</i>	30-40 seconds

6-MINUTE EMOM

Every minute on the minute, perform the first move. For the remainder of the minute, perform the second move, then begin again at the top of the next minute.

Exercise	Reps/Time
Shoulder Tap Push-Up	8
Single-Arm Forearm Plank	remaining time*

*Switch arms each minute.

DAY 2

Full-Body Workout: Upper-Body Focus

CIRCUIT 1

Complete three rounds of the following workout. Rest as needed.

Exercise	Reps
Long-Band Shoulder Rotation	10
Bent-Over Y	10
Long-Band Good Morning	10
Down-Dog Runner's Lunge Reach	5 (each side)

SUPERSETS

Perform the moves back-to-back with minimal rest in between. Complete three rounds.

Exercise	Reps/Time
Push-Up	8-10
Long-Band Pull-Apart	10
Rest	30-60 seconds

CIRCUIT 2

Complete four rounds of the following workout. Rest 20 to 30 seconds between moves and rounds.

Exercise	Reps/Time
Long-Band Bent-Over Row	10
Mini-Band Superman Pulldown	10
Hollow Boat Hold	30 seconds

CIRCUIT 3

Complete three rounds of the following workout. Rest 30 to 60 seconds between moves and rounds.

Exercise	Reps/Time
Long-Band Shoulder Press	10
Superman Contralateral Raise	10 (each side)
Mini-Band Triceps Kickback	8 (each side)
Mini-Band Curl Jack Press	20
Rest	30-60 seconds

DAY 3

Rest/Active Recovery

DAY 4

Full-Body Workout: Lower-Body Focus

CIRCUIT 1

Complete two rounds of the following workout. Rest as needed.

Exercise	Reps
Tabletop Outside Bird Dog	5 (each side)
Tabletop Bird Dog	5 (each side)
Superman Contralateral Raise	6 (each side)
Alternating Transverse Lunge	8 (each side)

SUPERSETS 1

Perform the moves back-to-back with minimal rest in between. Complete three rounds.

Exercise	Reps
Mini-Band Hip Thrust	12
Mini-Band Clam	8 (each side)
Rest	30-60 seconds

CIRCUIT 2

Complete four rounds of the following workout. Switch legs each round.

Exercise	Reps/Time
Mini-Band Glute Bridge	12
Bench Power Knee	20
Bench Power Skip	10
Rest	45-60 seconds

SUPERSETS 2

Perform the moves back-to-back with minimal rest in between. Complete four rounds, and switch sides each round.

Exercise	Reps/Time
Bulgarian Split Squat	10
Glider Hamstring Curl	8
Rest	30-45 seconds

DAY 5

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Reps/Time
Straight-Arm Scorpion	6 (each side)
Outside Tabletop Bird Dog	6 (each side)
Mini-Band Bicycle Crunch	6 (each side)
V-Up	10
Rest	30-60 seconds

2 X 5-MINUTE AMRAP

Start on your non-dominant side, and complete as many rounds and reps as you can of the following workout in five minutes. Switch sides and repeat. Rest only as needed.

Exercise	Reps
Glider Curtsy to Reverse Lunge	10
Push-Up to Side Plank	8
Glider Single-Leg Mountain Climber	8
Side-Lying Triceps Press-Up	8

CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Seconds
Mini-Band Lateral Walk	40
Rest	20
Mini-Band Dead Bug	40
Rest	20
Long-Band Overhead Triceps Extension	40
Rest	20
Mini-Band Concentration Curl	40
Rest	20

CIRCUIT 3

Complete two rounds of the following workout.

Exercise	Seconds
Long-Band Chest Flye	40
Rest	20
Long-Band Pulldown	40
Rest	20

DAY 6

Butt and Gut Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Passive Squat Hold	30
<i>Rest</i>	15
Tabletop Fire Hydrant	30
<i>Rest</i>	15
Plank to Down-Dog Toe Tap	30
<i>Rest</i>	15
Plank Up/Down	30
<i>Rest</i>	15

CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Reps/Time
Push-Up	8
<i>Rest</i>	15-20 seconds
Dead Bug	8 (each side)
<i>Rest</i>	15-20 seconds
Long-Band Triceps Extension	10
<i>Rest</i>	15-20 seconds

CIRCUIT 3

Complete four rounds of the following workout. Rest minimally between moves, and switch sides each round.

Exercise	Reps/Time
Mini-Band Hip Thrust	10
Mini-Band Hip Thrust Pulse-Out	20
Mini-Band Clam	10
Mini-Band Shoulder Pulse-Out	10
<i>Rest</i>	20-30 seconds

CIRCUIT 4

Complete four rounds of the following workout, resting minimally between moves.

Exercise	Reps/Time
Glider Plank Tuck-In	10
Long-Band Shoulder Press	10
X Plank	max hold
<i>Rest</i>	30-40 seconds

DAY 7

Rest/Active Recovery

WEEK 3

DAY 1

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Reverse Tabletop Toe Tap	45
<i>Rest</i>	15
Bicycle Crunch	45
<i>Rest</i>	15
Hollow Boat Hold	45
<i>Rest</i>	15
Glider Plank Pike-Up	45
<i>Rest</i>	15

SUPERSETS

Perform the moves back-to-back with minimal rest in between. Complete four rounds.

Exercise	Reps/Time
Dumbbell Squat	10
Quad Lean-Back	5
<i>Rest</i>	30-60 seconds

CIRCUIT 2

Complete three rounds of the following workout, resting no more than 20 to 30 seconds between moves.

Exercise	Reps
Dumbbell Shoulder Press	10
Superman Hand Tap	5
Sphinx Push-Up	8-10
Dumbbell Hip Thrust	12

6-MINUTE EMOM

Every minute on the minute, perform the first move. For the remainder of the minute, perform the second move, then begin again at the top of the next minute.

Exercise	Reps/Time
Push-Up	6-8
Tabletop Hover to Plank	remaining time

DAY 2

Full-Body Workout: Upper-Body Focus

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Reps/Time
Passive Squat Rock	6 (each side)
Half-Kneeling Lateral Lunge Rock	6 (each side)
Glider Forearm Plank Rock-Back	10
Superman Pulldown	5
Rest	30-40 seconds

12-MINUTE AMRAP 1

Complete as many rounds and reps as possible of the following workout in 12 minutes. Move efficiently and rest only as needed.

Exercise	Reps
Dumbbell Chest Press	10
Dumbbell Kneeling Row	8 (each side)
Dumbbell "Slam"	10
Glider Plank Tuck-In	10

12-MINUTE AMRAP 2

Complete as many rounds and reps as possible of the following workout in 12 minutes. Move efficiently and rest only as needed.

Exercise	Reps
Dumbbell Narrow Chest Press	10
Dumbbell Reverse-Grip Kneeling Row	8 (each side)
Narrow Push-Up	8
Glider Plank Pike-Up	10

DAY 3

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Runner's Lunge Thoracic Spine Opener	8 (each side)
Hover Tabletop Hip Drop	5 (each side)
Passive Squat to Forward Fold	6

CIRCUIT 2

Complete four rounds of the following workout. Switch sides each round, and rest 20 to 30 seconds between moves.

Exercise	Reps
Dumbbell Three-Point Row	10
Mini-Band Shoulder Pulse-Out	15
Glider Ab Rollout	8

ASCENDING LADDER

Complete four rounds of the following workout. Begin with eight reps of each move, and add two reps each round.

Exercise	Reps/Time
Alternating Dumbbell Reverse Lunge	8, 10, 12, 14 (each side)
Mini-Band Lateral Walk	8, 10, 12, 14 (each side)
Rest	30-60 seconds

8-MINUTE AMRAP

Complete as many rounds and reps as you can of the following workout. Start with one rep of each move, and add a rep with each subsequent round.

Exercise	Reps
Dumbbell V-Up	1, 2, 3, 4 ...
Dumbbell Lat Pullover	1, 2, 3, 4 ...
Dumbbell Glute Bridge	1, 2, 3, 4 ...

DAY 4

Rest/Active Recovery

DAY 5

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Cossack Squat	5 (each side)
Runner's Lunge Thoracic Spine Opener	8 (each side)
Bent-Over Y	8
Glider Army Crawl	12

CIRCUIT 2

Complete four rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Dumbbell Lateral Lunge	5 (each side)
Mini-Band Cha-Cha	15 (each side)
Plank Thruster	10
Frog Pump	12

CIRCUIT 3

Complete three rounds of the following workout.

Exercise	Reps/Time
Dumbbell Skullcrusher	10
Dead Bug	10 (each side)
Dumbbell Renegade Row	5 (each side)
Rest	30-60 seconds

5-MINUTE EMOM

Every minute on the minute, perform the first move to failure. Perform the second move for any remaining time. Begin again at the top of the next minute.

Exercise	Reps
Dumbbell Wall Sit	max time
Alternating Dumbbell Forward Lunge	remaining time

DAY 6

Athletic Conditioning Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
High Knees	30
Rest	15
Lateral Bench Hop-Over	30
Rest	15
Bench/Box Jump	30
Rest	15
Dumbbell Swing	30
Rest	15

CIRCUIT 2

Perform two rounds of the following workout.

Exercise	Seconds
Skater	60
Rest	30
Glider Single-Leg Mountain Climber*	30
Rest	30
Dumbbell Alternating Snatch	30
Rest	30
Dumbbell Renegade-Row Push-Up	60
Rest	30

*Switch sides each round.

CIRCUIT 3

Complete two rounds of the following workout.

Exercise	Seconds
Inchworm Walkout	40
Rest	20
Glider Alternating Triceps Push-Up	40
Rest	20
Glider Hamstring Curl	40
Rest	20
Single-Arm Forearm Plank*	40
Rest	20

*Switch sides each round.

DAY 7

Rest/Active Recovery

WEEK 4

DAY 1

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Squat	30
Rest	15
Good Morning With Reach	30
Rest	15
Reverse Plank	30
Rest	15
Tuck-In	30
Rest	15

CIRCUIT 2

Complete four rounds of the following workout. Switch sides each round.

Exercise	Reps/Time
Dumbbell Step-Up	8
Mini-Band Glute Bridge	20
Bench Hop-Over	20
Rest	30-60 seconds

CIRCUIT 3

Complete three rounds of the following workout.

Exercise	Reps/Time
Triceps Dip	12
Two-Arm Seated Dumbbell Curl	10
V-Up	10
Rest	30-60 seconds

6-MINUTE EMOM

Every minute on the minute, perform the first move. Perform the second move for any remaining time, then begin again at the top of the next minute.

Exercise	Reps/Time
Alternating Push-Up to Side Plank	4 (each side)
Forearm Plank	remaining time

DAY 2

Full-Body Workout: Upper-Body Focus

CIRCUIT 1

Complete three rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Long-Band Shoulder Rotation	10
External Rotation-Reverse Lunge Twist	5 (each side)
Passive Squat to Forward Fold	10
Down-Dog Runner's Lunge Reach	5 (each side)

SUPERSETS

Perform the moves back-to-back with minimal rest in between. Complete four rounds.

Exercise	Reps/Time
Dumbbell Chest Press	8-10
Long-Band Pull-Apart	10
Rest	30-60 seconds

CIRCUIT 2

Complete four rounds of the following workout. Switch sides each round.

Exercise	Reps/Time
Two-Arm Dumbbell Bent-Over Row	8
One-Arm Mini-Band Seated Row	8
Hollow Boat Hold	30 seconds
Rest	20-30 seconds

CIRCUIT 3

Complete three rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Dumbbell Squat to Press	10
Dumbbell Piston Row	6 (each side)
Dumbbell Triceps Kickback	8-10
Dumbbell "Slam"	10

DAY 3

Rest/Active Recovery

DAY 4

Full-Body Workout: Lower-Body Focus

CIRCUIT 1

Complete two rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Hover Tabletop Hip Drop	8 (each side)
Squat	12
Tabletop Fire Hydrant	8 (each side)
Mini-Band Lateral Walk	8 (each side)

SUPERSETS 1

Perform the moves back-to-back with minimal rest in between. Complete three rounds.

Exercise	Reps/Time
Dumbbell Hip Thrust	12
Bench-Lying Dumbbell Leg Lift	8 (each side)
Rest	30-60 seconds

CIRCUIT 2

Complete four rounds of the following workout. Switch legs each round, and rest 15 to 20 seconds between moves.

Exercise	Reps
Dumbbell Deadlift	10
Glider Hamstring Curl	10
Bench Curtsy Up-and-Over	12

SUPERSETS 2

Perform the moves back-to-back with minimal rest in between. Complete four rounds, and switch sides each round.

Exercise	Reps/Time
Dumbbell Bulgarian Split Squat	10
Glider Dumbbell Lateral Lunge	8
Rest	30-60 seconds

DAY 5

Full-Body Workout

CIRCUIT 1

Complete two rounds of the following workout. Rest as needed.

Exercise	Reps
Plank Alternating Shoulder Tap	5 (each side)
Mini-Band Dead Bug	6 (each side)
Transverse Lunge	8 (each side)
Plank Up/Down	10

2 X 5-MINUTE AMRAP

Start on your non-dominant side, and complete as many rounds and reps as you can of the following workout in five minutes. Switch sides and repeat.

Exercise	Reps
Dumbbell Reverse Lunge Pass-Through	10
Shoulder-Tap Push-Up	8
Dumbbell Curtsy Lunge	10
Bench Power Skip	10

CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Seconds
Mini-Band Alternating Cha-Cha	45
<i>Rest</i>	15
Dumbbell Reverse Lunge to Squat	45
<i>Rest</i>	15
Dumbbell Alternating Shoulder Press	45
<i>Rest</i>	15
Dumbbell Bent-Over Reverse-Grip Row	45
<i>Rest</i>	15

SUPERSETS

Perform the moves back-to-back with minimal rest in between. Complete three rounds.

Exercise	Seconds
Long-Band Chest Flye	40
Mini-Band Superman Pulldown	40
<i>Rest</i>	30-60

DAY 6

HIIT It and Quit It Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Forearm Plank Double-Knee Tap	60
<i>Rest</i>	15
Commando Jack	30
<i>Rest</i>	15
Glider Army Crawl	30
<i>Rest</i>	15
Glider Ab Rollout	30
<i>Rest</i>	15

CIRCUIT 2

Complete four rounds of the following workout.

Exercise	Seconds
Dumbbell Renegade Row	40
<i>Rest</i>	20
Bench Plank Hop-Over	40
<i>Rest</i>	20
Dumbbell Alternating Chest Press	40
<i>Rest</i>	20

CIRCUIT 3

Complete four rounds of the following workout. Switch legs each round.

Exercise	Seconds
Dumbbell Single-Leg Glute Bridge	30
<i>Rest</i>	15
Plank Jack Knee Drive	30
<i>Rest</i>	15
Dumbbell Squat Clean Press	30
<i>Rest</i>	15

8-MINUTE EMOM

Every minute on the minute, perform the indicated task. Rest any remaining time, then begin again at the top of the next minute.

Minute	Exercise	Reps
1	Dumbbell Squat Clean	8-10
2	Dumbbell Swing	15

DAY 7

Rest/Active Recovery