

TARA LAFERRARA

MONTH 2

WEEK 5

DAY 1

Upper-Body Strength

CIRCUIT 1

Complete three rounds of the following workout. Rest 15 to 20 seconds between moves.

Exercise	Reps
Long-Band Shoulder Rotation	10
Long-Band Good Morning	10
Straight-Arm Scorpion	5 (each side)
Push-Up	8

SUPERSETS

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

Exercise	Reps/Time
Dumbbell Alternating Bent-Over Row	6 (each side)
Long-Band Bent-Over Row	10
Rest	30-60 seconds

CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Reps/Time
Dumbbell Alternating Reverse-Grip Row	6 (each side)
Dumbbell Hammer Curl	10
Mini-Band Curl Jack Press	45 seconds
Rest	45-60 seconds

8-MINUTE AMRAP

Complete as many rounds and reps as you can of the following workout in eight minutes. Add two reps to the first exercise with each round.

Exercise	Reps
Dumbbell Squat Clean Press	6, 8, 10, 12 ...
One-Arm Long-Band Lat Pulldown	5 (each side)

DAY 2

Lower-Body Strength

CIRCUIT 1

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

Exercise	Reps
Passive Squat Rock	5 (each side)
Runner's Lunge Thoracic Spine Opener	5 (each side)
Half-Kneeling Lateral Lunge Rock	5 (each side)

CIRCUIT 2

Using a challenging weight, complete four rounds of the following workout.

Exercise	Reps/Time
Dumbbell Deadlift	8-12
Rest	30-60 seconds

CIRCUIT 3

Using a challenging weight, complete four rounds of the following workout.

Exercise	Reps/Time
Dumbbell Goblet Squat	8-12
Rest	30-60 seconds

CIRCUIT 4

Complete four rounds of the following workout. Rest 30 to 45 seconds between moves.

Exercise	Reps
Dumbbell Forward Lunge	6 (each side)
Dumbbell Glute Bridge	10
Quad Lean-Back	8
Dumbbell Decline Glute Bridge	10

DAY 3

Full-Body Workout

CIRCUIT 1

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

Exercise	Reps
Dead Bug	12
Scapular Push-Up	10
Forward-Lunge Twist	5 (each side)

SUPERSETS

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

Exercise	Reps/Time
Dumbbell Rotational Chest Press	10
Push-Up to Side Plank	8
Rest	30-60 seconds

15-MINUTE AMRAP

Complete as many rounds and reps of the following workout as possible in 15 minutes.

Exercise	Reps
Dumbbell Woman-Maker	8
Dumbbell Triceps Kickback	8
Narrow Push-Up	8
Dumbbell Single-Leg Deadlift	8 (each side)

CIRCUIT 2

Complete two rounds of the following workout.

Exercise	Seconds
Tuck-In	40
Rest	20
Three-Step Heisman	40
Rest	20

DAY 4

Rest/Active Recovery

DAY 5

Full-Body Workout: Lower-Body Focus

CIRCUIT 1

Complete two rounds of the following workout. Rest 15 to 30 seconds between moves.

Exercise	Reps
External Rotation Reverse-Lunge Twist	10 (each side)
Cossack Squat	5 (each side)
Tabletop Outside Bird Dog	5 (each side)
Superman Contralateral Raise	5 (each side)

SUPERSETS 1

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

Exercise	Reps/Time
Mini-Band Dumbbell Glute Bridge	8-10
Mini-Band Wall Sit Pulse-Out	25
Rest	30-60 seconds

SUPERSETS 2

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

Exercise	Reps/Time
Dumbbell Step-Up	8-10
Bench Curtsy Up-and-Over	20
Rest	15-30 seconds

CIRCUIT 2

Complete four rounds of the following workout.

Exercise	Reps/Time
Squat	25
Dumbbell Good Morning	10
Dumbbell Hip Thrust	10
Mini-Band Hip Thrust Pulse-Out	25
Rest	30-60 seconds

DAY 6

Core and Cardio Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Good Morning With Reach	60
<i>Rest</i>	15
Plank Jack Knee Drive	60
<i>Rest</i>	15
Skater	60
<i>Rest</i>	15
Tabletop Hover to Plank	60
<i>Rest</i>	15

CIRCUIT 2

Perform two rounds of the following workout.

Exercise	Seconds
Inchworm Walkout	45
<i>Rest</i>	15
Bench Lateral Hop-Over	45
<i>Rest</i>	15
Bench Plank Hop-Over	45
<i>Rest</i>	30

CIRCUIT 3

Complete four rounds of the following workout.

Exercise	Seconds
Bicycle Crunch	45
<i>Rest</i>	15
Commando Jack	45
<i>Rest</i>	15
V-Up	45
<i>Rest</i>	15
Bench/Box Jump	45
<i>Rest</i>	15
Plank Alternating Shoulder Tap	45
<i>Rest</i>	15

DAY 7

Rest/Active Recovery

WEEK 6

DAY 1 Upper-Body Strength

CIRCUIT 1

Complete three rounds of the following workout. Rest 15 to 30 seconds between moves.

Exercise	Seconds
Glider Forearm Plank Rock-Back	30
Dumbbell V-Up	30
Dumbbell Farmer's Carry	30

CIRCUIT 2

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

Exercise	Reps
Dumbbell Deadlift	8-10
Mini-Band Bent-Over Row	10 (each side)
Glider Plank Tuck-In	12

CIRCUIT 3

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

Exercise	Reps
Dumbbell Lat Pullover	10
Dumbbell Seated Arnold Press	10
Long-Band Triceps Extension	10

6-MINUTE EMOM

Every minute on the minute, complete the first exercise. For the remainder of the minute, perform the second exercise. Begin again at the top of the next minute.

Exercise	Reps/Time
Dumbbell Biceps Curl	6-10
Mini-Band Curl Press Jack	remaining time

DAY 2

Lower-Body Strength

CIRCUIT 1

Complete two rounds of the following workout. Switch sides each round, and rest 15 to 30 seconds between moves.

Exercise	Seconds
Passive Squat Hold	30
Plank to Down-Dog Toe Tap	45
Tabletop Bird Dog	45
Long-Band Good Morning	30

SUPERSETS 1

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

Exercise	Reps/Time
Dumbbell Goblet Squat	10-12
Mini-Band Glute Bridge	15
Rest	30-60 seconds

SUPERSETS 2

Using a challenging weight, perform the moves back-to-back with minimal rest in between. Complete four rounds.

Exercise	Reps/Time
Dumbbell Single-Leg Deadlift	10 (each side)
Glider Plank Pike-Up	10
Rest	30-60 seconds

CIRCUIT 2

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

Exercise	Reps
Dumbbell Reverse Lunge	10
Glider Single-Leg Mountain Climber	12
Dumbbell Curtsy Lunge	10
Pistol Squat	5

DAY 3

Full-Body Workout

CIRCUIT 1

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

Exercise	Reps
Scapular Push-Up	10
Superman Pulldown	10
Transverse Lunge	6 (each side)

CIRCUIT 2

Complete three rounds of the following workout. Rest 15 to 30 seconds between moves.

Exercise	Reps
Dumbbell Seated Shoulder Press	8-10
Long-Band Shoulder Press	10
Glider Kneeling Triceps Push-Up	5 (each side)

CIRCUIT 3

Complete three rounds of the following workout. Rest 15 to 30 seconds between moves.

Exercise	Reps
Dumbbell Squat to Press	12
Push-Up	8-10
Dumbbell Overhead Triceps Extension	10
Dumbbell Bent-Over Row	10

CIRCUIT 4

Complete two rounds of the following workout.

Exercise	Seconds
Dumbbell V-Up	45
Rest	15
Mini-Band Dead Bug	45
Rest	15

DAY 4

Rest/Active Recovery

DAY 5

Full-Body Workout: Lower-Body Focus

CIRCUIT 1

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

Exercise	Reps
External Rotation Reverse-Lunge Twist	5 (each side)
Passive Squat Rock	6 (each side)
Forward-Lunge Twist	5 (each side)
Shin Box Switch	5 (each side)

CIRCUIT 2

Complete three rounds of the following workout. Rest 15 to 20 seconds between moves.

Exercise	Reps/Time
Dumbbell Bulgarian Split Squat	8 (each side)
Bench Depth Jump	10
Mini-Band Wall Sit Pulse-Out	max reps
Rest	30-60 seconds

CIRCUIT 3

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

Exercise	Reps
Dumbbell Step-Up	8-10
Bench Curtsy Up-and-Over	10 (each direction)
Bench Power Knee	10

CIRCUIT 4

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

Exercise	Reps/Time
Dumbbell Glider Lateral Lunge	8
Glider Curtsy to Reverse-to-Lateral Lunge	10
Dumbbell Bench-Lying Leg Lift	10
Wall Sit	45 seconds
Rest	30 seconds

DAY 6

Butt and Gut Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Reverse Plank	30
<i>Rest</i>	10
Bird Dog	30
<i>Rest</i>	10
Single-Arm Forearm Plank	30
<i>Rest</i>	10
Passive Squat	30
<i>Rest</i>	10

CIRCUIT 2

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

Exercise	Reps
Long-Band Chest Flye	12
Superman Hand Tap	8
Dumbbell Overhead Triceps Extension	10

CIRCUIT 3

Complete four rounds of the following workout. Switch legs each round on unilateral exercises. Rest 15 to 20 seconds between moves.

Exercise	Reps
Dumbbell Single-Leg Glute Bridge	10
Mini-Band Dumbbell Glute Bridge	10
Mini-Band Glute Bridge	12
Mini-Band Clam	12

CIRCUIT 4

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

Exercise	Reps/Time
Mini-Band Concentration Curl	10 (each side)
Mini-Band Shoulder Pulse-Out	15
Sphinx Push-Up	10
<i>Rest</i>	30-60 seconds

DAY 7

Rest/Active Recovery

WEEK 7

DAY 1

Upper-Body Strength

CIRCUIT 1

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

Exercise	Reps
Long-Band Shoulder Rotation	10
Long-Band Pulldown	5 (each side)
Forward-Lunge Twist	8 (each side)
Push-Up	8

SUPERSETS

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

Exercise	Reps/Time
Dumbbell Alternating Bent-Over Row	6 (each side)
Long-Band Bent-Over Row	15
Rest	60 seconds

CIRCUIT 2

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

Exercise	Reps
Dumbbell Hammer Curl	10
Dumbbell Renegade Row	6 (each side)
Bent-Over Y	10

CIRCUIT 3

Complete four rounds of the following workout.

Exercise	Seconds
Glider Forearm Plank Rock-Back	30
Rest	15
Glider Triceps Push-Up	30
Rest	15
Mini-Band Seated Row (right)	30
Rest	15
Mini-Band Seated Row (left)	30
Rest	15

DAY 2

Lower-Body Strength

CIRCUIT 1

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

Exercise	Time/Reps
Passive Squat	30 seconds
Shin Box Switch	10
Runner's Lunge Thoracic Spine Opener	8

SUPERSETS

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

Exercise	Reps/Time
Dumbbell Squat Clean	10
Dumbbell Goblet Squat	8
Rest	30-60 seconds

15-MINUTE AMRAP

Complete as many rounds and reps as you can of the following workout in 15 minutes. Begin with six reps of each move, and add two reps with each subsequent round.

Exercise	Reps
Dumbbell Swing	6, 8, 10 ...
Dumbbell Reverse Lunge Pass-Through	6, 8, 10 ... (each side)
Skater	6, 8, 10 ... (each side)
Dumbbell Hip Thrust	6, 8 10 ...

CIRCUIT 2

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

Exercise	Reps
Dumbbell Single-Leg Deadlift	8-10
Pistol Squat	6
High Knees	60

DAY 3

Full-Body Workout: Upper-Body Focus

CIRCUIT 1

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

Exercise	Reps/Time
Superman Pulldown	10
Forearm Plank Double-Knee Tap	12
Reverse Plank	30 seconds
Hollow Boat Hold	30 seconds

SUPERSETS 1

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

Exercise	Reps/Time
Dumbbell Chest Press	10-12
Alternating Shoulder Tap Push-Up	10
Rest	30-60 seconds

SUPERSETS 2

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

Exercise	Reps/Time
Dumbbell Arnold Press	8-10
Glider Army Crawl	16
Rest	30-60 seconds

CIRCUIT 2

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

Exercise	Reps
Triceps Dip	10
Dumbbell Skullcrusher	10
Dumbbell V-Up	10

DAY 4

Rest/Active Recovery

DAY 5

Full-Body Workout: Lower-Body Focus

CIRCUIT 1

Complete two rounds of the following workout. Rest 15 to 20 seconds between moves.

Exercise	Reps/Time
Hip Thrust	10
X Plank	45 seconds
Mini-Band Bicycle Crunch	10 (each side)
Alternating Cossack Squat	5 (each side)

CIRCUIT 2

Using a challenging weight, complete four rounds of the following workout.

Exercise	Reps/Time
Dumbbell Decline Glute Bridge	10-12
Dumbbell Bench-Lying Leg Lift	10 (each side)
Mini-Band Cha-Cha	10 (each side)
Rest	30-60 seconds

2 X 6-MINUTE AMRAP

Complete as many rounds and reps as you can of the following workout on one side for six minutes. Repeat on the other side.

Exercise	Reps
Dumbbell Reverse Lunge to Squat	8
Dumbbell Bulgarian Split Squat	8
Power Knee Skip	10
Glider Single-Leg Mountain Climber	10

CIRCUIT 2

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

Exercise	Reps
Dumbbell Glider Lateral Lunge	8
Glider Curtsy to Reverse Lunge	10
Frog Pump	20

DAY 6

Athletic Conditioning Workout (optional)

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Alternating Reverse Lunge	40
Rest	10
High Knees	40
Rest	10
X Plank	40
Rest	10
Three-Step Heisman	40
Rest	10

CIRCUIT 2

Perform four rounds of the following workout.

Exercise	Seconds
Squat	60
Rest	20
Bench Lateral Hop-Over	30
Rest	20
Commando Jack	30
Rest	20
Bench Depth Jump	60
Rest	20

CIRCUIT 3

Complete two rounds of the following workout.

Exercise	Seconds
Plank Up/Down	40
Rest	20
Mini-Band Dead Bug	40
Rest	20
Single-Arm Forearm Plank*	40
Rest	20
Bench/Box Jump	40
Rest	20
Hover Tabletop to Plank	40
Rest	20

*Switch sides each round.

DAY 7

Rest/Active Recovery

WEEK 8

DAY 1 Upper-Body Strength

CIRCUIT 1

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

Exercise	Reps
Alternating Plank Shoulder Tap	6 (each side)
Scapular Push-Up	10
Straight-Arm Scorpion	5 (each side)
Glider Plank Tuck-In	12

CIRCUIT 2

Complete four rounds of the following workout. Rest 15 to 20 seconds between moves.

Exercise	Reps
Dumbbell Alternating Reverse-Grip Bent-Over Row	6 (each side)
Long-Band Pulldown	5 (each side)
Dumbbell Farmer's Carry	12

CIRCUIT 3

Complete three rounds of the following workout. Rest 15 to 20 seconds between moves.

Exercise	Reps
Dumbbell Biceps Curl	10
Dumbbell Reverse-Grip Kneeling Row	8 (each side)
Mini-Band Concentration Curl	8 (each side)

CIRCUIT 4

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

Exercise	Reps
Dumbbell Squat	5
Dumbbell Squat Clean	5
Dumbbell Shoulder Press	5
Dumbbell Squat Clean Press	5

DAY 2

Lower-Body Strength

CIRCUIT 1

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

Exercise	Reps
Tabletop Fire Hydrant	8
Overhead Squat	10
External Rotation Reverse-Lunge Twist	10
Hover Tabletop Hip Drop	8 (each side)

SUPERSETS

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

Exercise	Reps/Time
Dumbbell Deadlift	10-12
Mini-Band Hip Thrust Pulse-Out	20
Rest	20-30 seconds

CIRCUIT 2

Using a challenging weight, complete four rounds of the following workout. Switch sides each round, and rest 20 to 30 seconds between moves.

Exercise	Reps
Dumbbell Reverse Lunge	8-10
Dumbbell Curtsy Lunge	10
Dumbbell Good Morning	10

CIRCUIT 3

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

Exercise	Reps
Dumbbell Single-Leg Deadlift	8-10
Mini-Band Clam	12
Mini-Band Lateral Walk	10 (each side)

DAY 3

Full-Body Workout: Upper-Body Focus

CIRCUIT 1

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

Exercise	Reps/Time
Superman Mini-Band Pulldown	6
Forearm Plank Double-Knee Tap	15
Reverse Tabletop Hand-to-Toe Tap	40 seconds
Tuck-In	40 seconds

SUPERSETS

Perform the moves back-to-back with minimal rest in between. Complete three rounds, and add two reps with each round.

Exercise	Reps/Time
Dumbbell Rotational Press	6, 8, 10
Long-Band Chest Flye	8, 10, 12
Rest	30-60 seconds

CIRCUIT 2

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

Exercise	Reps/Time
Dumbbell Arnold Press	8-10
Long-Band Pull-Apart	10
Glider Army Crawl	45 seconds

10-MINUTE AMRAP

Perform as many rounds and reps as you can of the following workout in 10 minutes.

Exercise	Reps
Dumbbell Overhead Triceps Extension	10
Dumbbell Shoulder Press	8
Dumbbell Lat Pullover	10

DAY 4

Rest/Active Recovery

DAY 5

Full-Body Workout: Lower-Body Focus

10-MINUTE AMRAP

Complete as many rounds and reps as possible of the following workout in 10 minutes. Begin with two reps of each move, and add two reps with each subsequent round.

Exercise	Reps
Dumbbell Glute Bridge	2, 4, 6 ...
Plank Thruster	2, 4, 6 ...
Hip Thrust	2, 4, 6 ...

CIRCUIT 1

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

Exercise	Reps/Time
Dumbbell Alternating Forward Lunge	6 (each side)
Mini-Band Hip Thrust	12
Mini-Band Hip Thrust Pulse-Out	20
Mini-Band Wall Sit Pulse-Out	20
Rest	30-40 seconds

CIRCUIT 2

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

Exercise	Reps
Dumbbell Bulgarian Split Squat	8-10
Pistol Squat	8
Overhead Squat	10
Glider Hamstring Curl	10

DAY 6

HIIT It and Quit It Workout (optional)

CIRCUIT 1

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

Exercise	Seconds
Dead Bug	60
<i>Rest</i>	15
Superman Contralateral Raise	30
<i>Rest</i>	15
Shoulder Tap Push-Up	30
<i>Rest</i>	15
Bicycle Crunch	30
<i>Rest</i>	15

CIRCUIT 2

Complete four rounds of the following workout.

Exercise	Seconds
Dumbbell Alternating Snatch	40
<i>Rest</i>	20
Plank Jack Knee Drive	40
<i>Rest</i>	20
Dumbbell "Slam"	40
<i>Rest</i>	20

CIRCUIT 3

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

Exercise	Seconds
Dumbbell Reverse Lunge to Squat	40
<i>Rest</i>	20
Dumbbell Piston Row	40
<i>Rest</i>	20
Dumbbell Alternating Chest Press	40
<i>Rest</i>	20

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 Woman-Maker	3-4
2	Dumbbell Swing	20

DAY 7

Rest/Active Recovery