

# TARA LAFERRARA

## MONTH 3

### WEEK 9

#### DAY 1

#### Upper-Body Push

##### CIRCUIT 1

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

Exercise	Reps
Good Morning With Reach	12
Overhead Squat	10
Plank Down-Dog Toe Tap	6 (each side)

##### SUPERSETS

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

Exercise	Reps/Time
Dumbbell Alternating Chest Press	6-8 (each side)
Narrow Push-Up	8-10
Rest	30-60 seconds

##### CIRCUIT 2

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

Exercise	Reps
Flat-Bench Dumbbell Narrow Chest Press	10
Side-Lying Triceps Press-Up	5 (each side)
Dumbbell Triceps Kickback	10

##### CIRCUIT 3

Complete four rounds of the following workout.

Exercise	Seconds
Dumbbell Piston Row	60
Rest	15
Dumbbell Renegade Row Push-Up	60
Rest	15

## DAY 2

### Lower-Body Workout

#### CIRCUIT 1

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

Exercise	Reps/Time
Passive Squat to Forward Fold	10
Passive Squat Rock	30 seconds
Transverse Lunge	10 (each side)
Forward-Lunge Twist	6 (each side)

#### SUPERSETS

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

Exercise	Reps/Time
Dumbbell Good Morning	8-12
Quad Lean-Back	8
Rest	30-60 seconds

#### DESCENDING LADDER

Complete four rounds of the following workout. With each round, decrease your reps by two and increase your weight on the first move.

Exercise	Reps/Time
Dumbbell Goblet Squat	12, 10, 8, 6
Glider Ab Rollout	5
Rest	30-60 seconds

#### 12-MINUTE AMRAP

Complete as many rounds and reps as possible of the following workout in 12 minutes.

Exercise	Reps
Glider Pike-Up	10
Dumbbell Single-Leg Glute Bridge (right)	8
Dumbbell Single-Leg Glute Bridge (left)	8
Glider Forearm Plank Rollback	10

## DAY 3

### Upper-Body Pull

#### CIRCUIT 1

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

Exercise	Reps
Tabletop Outside Bird Dog	6 (each side)
Long-Band Bent-Over Row	10
Long-Band Good Morning	10
Inchworm Walkout	8

#### CIRCUIT 2

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

Exercise	Reps/Time
Dumbbell Kneeling Row	8-10
Dumbbell Three-Point Row	10
Dumbbell Hammer Curl	6-8
Rest	30-60 seconds

#### CIRCUIT 3

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

Exercise	Seconds
Mini-Band Triceps Kickback	30
Rest	15
Mini-Band Concentration Curl	45
Rest	15
Dumbbell Squat to Press	60
Rest	15

## DAY 4

### Rest/Active Recovery

## DAY 5

### Lower-Body Workout

#### CIRCUIT 1

Complete two rounds of the following workout. Switch sides each round. Rest 20 to 30 seconds between moves.

Exercise	Reps/Time
Down-Dog Runner's Lunge Reach	8
Bulgarian Split Squat	10
Shin Box Switch	5 (each side)
Dumbbell Wall Sit	max time

#### SUPERSETS 1

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

Exercise	Reps/Time
Dumbbell Glute Bridge	10-12
Frog Pump	60 seconds
Rest	20-30 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 Reverse Lunge	6-8 (each side)
Glider Curtsy Reverse-to-Lateral Lunge	60 seconds
Rest	30-60 seconds

#### 5-MINUTE EMOM

Every minute on the minute, complete the indicated task. Perform the second exercise for any remaining time, then begin again at the top of the next minute.

Exercise	Reps/Time
Bench Depth Jump	10-12
Alternating Reverse Lunge	remaining time

## DAY 6

### Core and Cardio Workout (optional)

#### CIRCUIT 1

Complete two rounds of the following workout.

<b>Exercise</b>	<b>Seconds</b>
High Knees	60
<i>Rest</i>	<i>10</i>
Three-Step Heisman	60
<i>Rest</i>	<i>10</i>
Push-Up to Side Plank	60
<i>Rest</i>	<i>10</i>
Mini-Band Bicycle Crunch	60
<i>Rest</i>	<i>10</i>

#### CIRCUIT 2

Perform two rounds of the following workout.

<b>Exercise</b>	<b>Seconds</b>
V-Up	45
<i>Rest</i>	<i>15</i>
Dumbbell Renegade-Row Push-Up	45
<i>Rest</i>	<i>15</i>
Sphinx Push-Up	45
<i>Rest</i>	<i>15</i>

#### CIRCUIT 3

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

<b>Exercise</b>	<b>Seconds</b>
Bench Plank Hop-Over	50
<i>Rest</i>	<i>10</i>
Bench Lateral Hop-Over	50
<i>Rest</i>	<i>10</i>
Bench Power Skip	50
<i>Rest</i>	<i>10</i>
Glider Single-Leg Mountain Climber	50
<i>Rest</i>	<i>10</i>
X Plank Hold	50
<i>Rest</i>	<i>10</i>

## DAY 7

### Rest/Active Recovery

## WEEK 10

### DAY 1

#### Upper-Body Push

##### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Scapular Push-Up	40
<i>Rest</i>	20
Overhead Squat	40
<i>Rest</i>	20
Long-Band Shoulder Press	40
<i>Rest</i>	20

##### DESCENDING LADDER

Complete four rounds of the following workout. Each round, decrease your reps by two and increase your weight.

Exercise	Reps/Time
Dumbbell Seated Shoulder Press	10, 8, 6, 4
<i>Rest</i>	30-60 seconds

##### CIRCUIT 2

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

Exercise	Reps
Long-Band Pull-Apart	10
Glider Triceps Push-Up	5 (each side)
Dumbbell Bent-Over Reverse-Grip Row	10
Mini-Band Shoulder Pulse-Out	15

##### 5-MINUTE AMRAP

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

Exercise	Reps
Triceps Dip	2, 4, 6 ...
Dumbbell Renegade Row	2, 4, 6 ... (each side)

## DAY 2

### Lower-Body Workout

#### CIRCUIT 1

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

Exercise	Time/Reps
Passive Squat	45 seconds
Squat	12
Half-Kneeling Lateral-Lunge Rock	5 (each side)
Shin Box Switch	45-60 seconds

#### ASCENDING LADDER 1

Begin with one rep of each exercise, and add a rep each round for eight rounds. For example, round one is one rep of each move, round two is two reps of each and so on until you reach eight reps of each move. Rest minimally between moves and rounds.

Exercise	Reps
Dumbbell Mini-Band Glute Bridge	1, 2, 3, 4 ... 8
Mini-Band Glute Bridge	1, 2, 3, 4 ... 8

#### CIRCUIT 2

Complete four rounds of the following workout.

Exercise	Seconds
Dumbbell Reverse Lunge to Squat	45
<i>Rest</i>	15
Dumbbell Glider Lateral Lunge	45
<i>Rest</i>	15
Bench Power Knee	45
<i>Rest</i>	15

#### ASCENDING LADDER 2

Begin with one rep of each exercise, and add a rep each round for eight rounds. For example, round one is one rep of each move, round two is two reps of each and so on until you reach eight reps of each move. Rest minimally between moves and rounds.

Exercise	Reps
Mini-Band Hip Thrust	1, 2, 3, 4 ... 8
Mini-Band Hip Thrust Pulse-Out	1, 2, 3, 4 ... 8

## DAY 3

### Upper-Body Pull

#### CIRCUIT 1

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

Exercise	Seconds
Glider Ab Rollout	30
Rest	15
Long-Band Pulldown	30
Rest	15
Dumbbell Kneeling Row	30
Rest	15
Mini-Band Bicycle Crunch	30
Rest	15

#### DESCENDING LADDER

Complete four rounds of the following workout. With each round, decrease your reps by two and increase your weight.

Exercise	Reps
Dumbbell Lat Pullover	10, 8, 6, 4
Alternating Dumbbell Bent-Over Row	5 (each side)

#### CIRCUIT 2

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

Exercise	Reps
Dumbbell Three-Point Row	8-10
Dumbbell Bent-Over Reverse-Grip Row	10
Dumbbell Seated Biceps Curl	10-12

#### SUPERSETS

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

Exercise	Reps/Time
Dumbbell Deadlift	10
Dumbbell Piston Row	6 (each side)
Rest	30-60 seconds

## DAY 4

### Rest/Active Recovery



## DAY 5

### Lower-Body Workout

#### CIRCUIT 1

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

Exercise	Reps/Time
Shin Box Switch	5 (each side)
Hip Thrust	10
Dumbbell Good Morning	10
Wall Sit	max time

#### SUPERSETS

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

Exercise	Reps/Time
Dumbbell Step-Up	8-10
Bench Curtsy Up-and-Over	20
Rest	30-60 seconds

#### CIRCUIT 2

Complete four rounds of the following workout with minimal rest in between moves. Switch sides each round.

Exercise	Reps/Time
Dumbbell Forward Lunge	10
Bench Power Knee	60 seconds
Bulgarian Split Squat	10
Bench Power Knee Skip	60 seconds
Rest	30-60 seconds

## DAY 6

### Butt and Gut Workout (optional)

#### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Scapular Push-Up	40
<i>Rest</i>	20
Plank to Down-Dog Toe Tap	40
<i>Rest</i>	20
Squat	40
<i>Rest</i>	20

#### CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Reps/Time
Push-Up	12
Mini-Band Superman Pulldown	15
Dumbbell Overhead Triceps Extension	15
<i>Rest</i>	20-30 seconds

#### 2 X 6-MINUTE AMRAP

Perform the following workout for as many rounds and reps as possible on one side in six minutes. Repeat on the other side.

Exercise	Reps
Dumbbell Lying Leg Lift	10
Dumbbell Curtsy Lunge	10
Dumbbell Reverse-Lunge Pass-Through	8
Mini-Band Dumbbell Glute Bridge	10

#### CIRCUIT 3

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

Exercise	Reps
Dumbbell Hammer Curl	10
Bent-Over Y	8
Dumbbell Skullcrusher	10

## DAY 7

### Rest/Active Recovery

## WEEK 11

### DAY 1

#### Upper-Body Push

##### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Inchworm Walkout	45
Rest	15
Side-Lying Triceps Press-Up	45
Rest	15
Runner's Lunge Thoracic Spine Opener	45
Rest	15
Forearm Plank Knee Tap	45
Rest	15

##### ASCENDING LADDER

Complete three rounds of the following workout. Add two reps to each move with each round.

Exercise	Reps/Time
Dumbbell Rotational Chest Press	8, 10, 12
Dumbbell Seated Shoulder Press	8, 10, 12
Narrow Push-Up	6, 8, 10
Rest	30-60 seconds

##### 12-MINUTE AMRAP

Complete as many rounds and reps as possible of the following workout in 12 minutes.

Exercise	Reps
Dumbbell Chest Press	10
Dumbbell Triceps Kickback	10
Long-Band Overhead Triceps Extension	10
Dumbbell Farmer's Carry	10

##### CIRCUIT 2

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

Exercise	Seconds
Dumbbell Skullcrusher	60
Dumbbell V-Up	60
Hollow Boat Hold	max time
Rest	30-60

## DAY 2

### Lower-Body Workout

#### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Reps/Time
Reverse Lunge	6 (each side)
Plank Thruster	12
Quad Lean-Back Hold	max time
Rest	30-60 seconds

#### DESCENDING LADDER

Complete three rounds of the following workout. With each round, decrease your reps and increase your weight on the first move.

Exercise	Reps
Dumbbell Squat Clean	12, 10, 8
Dumbbell Alternating Lateral Lunge	6 (each side)
Glider Single-Leg Mountain Climber	10 (each side)

#### CIRCUIT 2

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

Exercise	Reps/Time
Pistol Squat	10
Dumbbell Reverse-Lunge Pass-Through	8
Wall Sit	60 seconds
Rest	30-60 seconds

#### CIRCUIT 3

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

Exercise	Seconds
Dumbbell Decline Glute Bridge	90
Dumbbell Lateral Lunge	60
Mini-Band Hip Thrust Pulse-Out	30

## DAY 3

### Upper-Body Pull

#### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Tabletop Bird Dog	40
<i>Rest</i>	20
Straight-Arm Scorpion	40
<i>Rest</i>	20
Superman Contralateral Raise	40
<i>Rest</i>	20

#### CIRCUIT 2

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

Exercise	Reps
Dumbbell Alternating Bent-Over Row	6 (each side)
Dumbbell Biceps Curl	8-10
Dumbbell Alternating Reverse-Grip Row	6 (each side)
Long-Band Bent-Over Row	10

#### 8-MINUTE AMRAP

Complete as many rounds and reps as you can of the following workout in eight minutes. Begin 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

### Lower-Body Workout

#### CIRCUIT 1

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

Exercise	Reps/Time
Tabletop Fire Hydrant	10
Bulgarian Split Squat	10
Cossack Squat	12
Rest	30-60 seconds

#### CIRCUIT 2

Complete four rounds of the following workout. Add two reps to each strength move with each round.

Exercise	Reps/Time
Dumbbell Squat to Press	6, 8, 10, 12
Dumbbell Wall Sit	60-90 seconds
Dumbbell Squat Clean Press	6, 8, 10, 12
Rest	30-60 seconds

#### CIRCUIT 3

Complete three rounds of the following workout.

Exercise	Reps/Time
Dumbbell Reverse Lunge	6 (each side)
Mini-Band Lateral Walk	20
Glider Hamstring Curl	10
Rest	30-60 seconds

#### SUPERSETS

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

Exercise	Reps/Time
Mini-Band Dead Bug	6 (each side)
Mini-Band Dumbbell Glute Bridge	15
Rest	30-60 seconds

#### CIRCUIT 4

Perform the following move for as many reps as you can without stopping.

Exercise	Reps
Squat	max reps

## DAY 6

### Athletic Conditioning Workout (optional)

#### CIRCUIT 1

Complete two rounds of the following workout.

<b>Exercise</b>	<b>Seconds</b>
High Knees	50
<i>Rest</i>	10
Skater	50
<i>Rest</i>	10
Bench/Box Jump	50
<i>Rest</i>	10
Three-Step Heisman	50
<i>Rest</i>	10

#### CIRCUIT 2

Perform four rounds of the following workout.

<b>Exercise</b>	<b>Seconds</b>
Dumbbell Woman-Maker	60
<i>Rest</i>	20
Mini-Band Curl Jack Press	60
<i>Rest</i>	20
Bench Lateral Hop-Over	60
<i>Rest</i>	20
Hover Tabletop to Plank	60
<i>Rest</i>	20

#### CIRCUIT 3

Complete two rounds of the following workout.

<b>Exercise</b>	<b>Seconds</b>
Dumbbell Alternating Shoulder Press	50
<i>Rest</i>	10
Dumbbell Bent-Over Reverse-Grip Row	50
<i>Rest</i>	10
Plank Up/Down	50
<i>Rest</i>	10
Dumbbell Wall Sit	50
<i>Rest</i>	10
Mini-Band Bicycle Crunch	50
<i>Rest</i>	10

## DAY 7

### Full-Body Workout

#### CIRCUIT 1

Complete two rounds of the following workout.

<b>Exercise</b>	<b>Reps/Time</b>
Reverse Tabletop Hand-to-Toe Tap	6 (each side)
Glider Plank Tuck-In	10
Bench Depth Jump	10
Rest	20-30 seconds

#### CHIPPER

##### 21-15-9-6-3

Go through the moves in order. Perform 21 reps of each move, then 15 reps and so on down to three of each. As you decrease your reps, increase your weight. Rest only as needed.

#### Exercise

Dumbbell Squat  
Dumbbell Decline Glute Bridge  
Dumbbell Rotational Chest Press  
Dumbbell Hammer Curl  
Triceps Dip  
Dumbbell Bent-Over Row



## WEEK 12

### DAY 1

#### Upper-Body Push

##### CIRCUIT 1

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

Exercise	Reps
Long-Band Standing Rotation	10
Good Morning With Reach	10
Superman Pulldown	10

##### SUPERSETS

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

Exercise	Seconds
Dumbbell Alternating Chest Press	60
Dumbbell Renegade Row	30
Rest	30

##### CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Seconds
Dumbbell Narrow Press	60
Dumbbell Farmer's Carry	60
Glider Triceps Push-Up	30
Rest	30

##### CIRCUIT 3

Complete three rounds of the following workout.

Exercise	Reps/Time
Mini-Band Triceps Kickback	10 (each side)
Alternating Shoulder-Tap Push-Up	10
Long-Band Shoulder Press	20
Long-Band Overhead Triceps Extension	15
Rest	30-60 seconds

## DAY 2

### Lower-Body Workout

#### CIRCUIT 1

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

Exercise	Reps
External Rotation Reverse-Lunge Twist	6 (each side)
Transverse Lunge	6 (each side)
Passive Squat Rock	6 (each side)
Bulgarian Split Squat	6 (each side)

#### SUPERSETS 1

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

Exercise	Reps/Time
Pistol Squat	8-10
Bench Curtsy Up-and-Over	30
Rest	30 seconds

#### 8-MINUTE EMOM

Every minute on the minute, perform the first move. For the remaining time, perform the second move, then begin again at the top of the next minute. Switch sides each round.

Exercise	Reps/Time
Dumbbell Squat Clean	6-10
Dumbbell Lateral Lunge	remaining time

#### SUPERSETS 2

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

Exercise	Reps/Time
Dumbbell Single-Leg Deadlift	6-8 (each side)
Glider Hamstring Curl	10
Rest	30-60 seconds

#### CIRCUIT 2

Complete two rounds of the following workout.

Exercise	Time
Dumbbell Wall Sit	max time
Rest	30-60 seconds

## DAY 3

### Upper-Body Pull

#### CIRCUIT 1

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

Exercise	Reps
Overhead Squat	10
Dead Bug	6 (each side)
Plank Alternating Shoulder Tap	10 (each side)

#### CIRCUIT 2

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

Exercise	Reps/Time
Dumbbell Snatch	8-10
Dumbbell Three-Point Row	10
Mini-Band Bent-Over Row	15
Rest	30-60 seconds

#### CIRCUIT 3

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

Exercise	Seconds
Dumbbell Kneeling Reverse-Grip Row	45
Rest	15
Mini-Band Seated Row	45
Rest	15
Alternating Shoulder Press	45
Rest	15

#### CIRCUIT 4

Complete three rounds of the following workout.

Exercise	Reps/Time
Dumbbell Alternating Reverse-Grip Row	6 (each side)
Mini-Band Curl Press Jack	20
Mini-Band Concentration Curl	10 (each side)
Rest	30-60 seconds

## DAY 4

### Rest/Active Recovery

## DAY 5

### Lower-Body Workout

#### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Reps/Time
Squat	15
Forward-Lunge Twist	6 (each side)
Hover Tabletop Hip Drop	6 (each side)
Rest	30-60 seconds

#### SUPERSETS 1

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

Exercise	Reps/Time
Dumbbell Goblet Squat	10-12
Mini-Band Glute Bridge	20
Rest	30-60 seconds

#### SUPERSETS 2

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

Exercise	Reps/Time
Pistol Squat	6-8
Dumbbell Swing	25
Rest	30-60 seconds

#### 2 X 6-MINUTE AMRAP

Starting with your non-dominant side, complete as many rounds and reps as you can of the following workout in six minutes. Repeat on the other side.

Exercise	Reps
Glider Dumbbell Lateral Lunge	10
Glider Curtsy to Reverse-to-Lateral Lunge	10
Glider Single-Leg Mountain Climber	10
Glider Plank Pike-Up	10

## DAY 6

### HIIT It and Quit It Workout (optional)

#### CIRCUIT 1

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

<b>Exercise</b>	<b>Seconds</b>
Single-Arm Forearm Plank	60
<i>Rest</i>	15
Tuck-In	60
<i>Rest</i>	15
Dumbbell Renegade-Row Push-Up	60
<i>Rest</i>	15
V-Up	60
<i>Rest</i>	15

#### CIRCUIT 2

Complete four rounds of the following workout.

<b>Exercise</b>	<b>Seconds</b>
Dumbbell Squat to Press	60
<i>Rest</i>	20
Dumbbell Bent-Over Row	60
<i>Rest</i>	20
Skater	60
<i>Rest</i>	20

#### CIRCUIT 3

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

<b>Exercise</b>	<b>Seconds</b>
Dumbbell Reverse Lunge to Squat	40
<i>Rest</i>	20
Dumbbell Squat Clean Press	40
<i>Rest</i>	20
Dumbbell Alternating Reverse-Grip Row	60
<i>Rest</i>	20

#### 5-MINUTE EMOM

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

<b>Exercise</b>	<b>Reps</b>
Dumbbell Woman-Maker	3-4

## DAY 7

### Full-Body Workout

#### CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Reps
Sphinx Push-Up	10
Down Dog to Runner's Lunge Reach	10 (each side)
Passive Squat to Forward Fold	8

#### CHIPPER

##### 21-15-9-6-3

Perform the moves in order. Do 21 reps of each move, then 15 reps and so on down to three of each. As you decrease your reps, increase your weight. Rest only as needed.

#### Exercise

Plank Thruster  
Dumbbell Hip Thrust  
Dumbbell Bent-Over Row  
Dumbbell "Slam"  
Dumbbell Shoulder Press  
Dumbbell Overhead Triceps Extension