

WEEKS 2 AND 3

STAGE 1 – BUILDING BLOCKS

Now that you have a strong foundation, it's time to start building your strength!



DAYS 1 AND 8

LEGS AND CORE

DYNAMIC WARM-UP

Run, row or bike a half mile or seven to eight minutes. Then repeat the below workout two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds

GLUTE ACTIVATION

Repeat the below workout three times through. Rest as needed.

Exercise	Time
Banded Hydrant	30 seconds (each side)
Banded Squat	30 seconds

TRI-SETS – LEGS AND CORE

Do all the moves in each tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets and tri-sets.

EXERCISE	SETS	REPS
<u>Tri-Set 1</u> Dumbbell Plié Squat Plié Squat Jump Dumbbell Toe Touch	4	15, 12, 10, 8* 15, 12, 10, 8 15, 12, 10, 8*
<u>Tri-Set 2</u> Dumbbell Lateral Step-Up Dumbbell Leg Lower Dumbbell Lateral Lunge	4	10 (each leg) 10 10 (each leg)

*With each round, increase your weight.

CORE BURNER — 3-MINUTE AMRAP

Do as many rounds and reps as you can in three minutes. Record your score.

Exercise	Reps
Mountain Climber	10
Plank Hip Tap	10 (each side)
Bicycle Crunch	10 (each side)

COOL-DOWN

Lunge Stretch Sequence

DAYS 2 AND 9

BACK AND BICEPS

DYNAMIC WARM-UP

Repeat the below workout two times through.

Exercise	Time
Military Press (no weight)	30 seconds
Roboto	30 seconds
Reverse V (switch lead hands)	30 seconds
Sunrise/Sunset	30 seconds
Pour the Champagne	30 seconds
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds
Bar Hang	max time

TRI-SETS — BACK AND BICEPS

Do all the moves in each tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets and tri-sets.

EXERCISE	SETS	REPS
<u>Tri-Set 1</u> Biceps Curl on Knees V-In Chin-Up	4	12, 10, 8, 6* 12, 10, 8, 6 12, 10, 8, 6
<u>Tri-Set 2</u> Hanging Shoulder Shrug Banded Superman Pull Assisted Pull-Up	3	10 10 10

*With each round, increase your weight.

CORE BURNER — 3-MINUTE AMRAP

Do as many rounds and reps as you can in three minutes. Record your total rounds plus reps.

Exercise	Reps
Plank Shoulder Tap	10
Plank Lean (forward and back)	10

COOL-DOWN (AKA UPPER-BODY STRETCH SEQUENCE)

Do the below workout two times through.

Exercise	Time
Arm Crossover Stretch	30 seconds (each side)
Overhead Triceps Stretch	30 seconds (each side)
Chest Stretch	30 seconds

DAYS 3 AND 10

REST

DAYS 4 AND 11

HIIT AND CORE

DYNAMIC WARM-UP

Repeat the below workout two times through.

Exercise	Time
Zombie Walk	30 seconds
Prisoner	30 seconds

HIIT

Repeat the below workout four times through. Record your time.

Exercise	Reps/Time
Burpee	10
Jog	2 minutes
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Backward Run	30 seconds
Sprint	30 seconds
Walk	1 minute

CORE BURNER

Repeat the below workout four times through.

Exercise	Time/Reps
Plank Hold	30 seconds
Toe Touch	10
Leg Lower	10
Butt-Up	10

COOL-DOWN

Lunge Stretch Sequence

DAYS 5 AND 12

LEGS AND CORE

DYNAMIC WARM-UP

Do 10 minutes of cardio of your choice. Then repeat the below workout three times through.

Exercise	Time
Zombie Walk	30 seconds
Prisoner	30 seconds
90/90 Hip Shift	30 seconds

GLUTE ACTIVATION

Do three rounds of the below workout.

Exercise	Time
Banded Wall Sit Open/Close	30 seconds
Banded Squat	30 seconds

TRI-SETS — LEGS AND CORE

Do all the moves in each tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets and tri-sets.

EXERCISE	SETS	REPS/TIME
<u>Tri-Set 1</u> Goblet Squat Plank Jump-Through Bodyweight Squat	4	12, 12, 10, 10* 12, 12, 10, 10 30 seconds
<u>Tri-Set 2</u> Walking Lunge Hollow Hold Dumbbell Step-Up	3	1 minute 30 seconds 10 (each side)

*With each round, increase your weight.

COOL-DOWN

Lunge Stretch Sequence

DAYS 6 AND 13

CHEST AND TRICEPS

DYNAMIC WARM-UP

Repeat the below workout three times through.

Exercise	Time
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds
Military Press (no weight)	30 seconds
Roboto	30 seconds
Reverse V (switch lead hands)	30 seconds
Sunrise/Sunset	30 seconds
Pour the Champagne	30 seconds
Bar Hang	max time

TRI-SETS — CHEST AND TRICEPS

Do all the moves in each tri-set back-to-back with little to no rest in between. Rest 30 seconds between sets and tri-sets.

EXERCISE	SETS	REPS/TIME
<u>Tri-Set 1</u> Single-Arm Overhead Triceps Extension Dip Triceps Banded Pulldown	4	12, 12, 10, 8 (each arm)* 30 seconds 12, 12, 10, 8*
<u>Tri-Set 2</u> Dumbbell Chest Press Dumbbell Single-Arm Chest Press Push-Up	4	10 10 (each arm) 10, 10, max, max

*With each round, increase your weight.

CORE BURNER

Repeat the below workout three times.

Exercise	Time
Plank Up/Down	30 seconds
Toe Touch	30 seconds

COOL-DOWN

Upper-Body Stretch Sequence

DAY 7

REST

DAY 14

REST + CHECK-IN FORM AND PICTURES