

CARMEL RODRIGUEZ

PHASE 1

Activation, Endurance, Mobility & Strength

Welcome to Phase 1!

I love to train intuitively and listen to my body, and I encourage you to do the same! If you find that the workOut are getting too easy throughout this plan, you can either increase the prescribed RPE or lengthen the work intervals and shorten the rest time.

Weeks 1 to 4 Warm Up

Make sure to warm up at an RPE of 4/5 before each workout. Take as many exercises and reps as you need to loosen up and get warm.

WEEK 1

DAY 1

Core Activation and Endurance

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Jumping Jack	3	40 sec	20 sec
Alternating Dead Bug	3	40 sec	20 sec
Banded Glute Bridge on Floor	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Alternating Elbow Side Planks	4	40 sec	20 sec
Bird Dog	4	40 sec	20 sec
Plank Walkout	4	40 sec	20 sec
Roll Back to Get Up	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Pull-Apart	3	40 sec	20 sec
Banded Push-Up	3	40 sec	20 sec
Superman Banded Overhead	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Forearm Plank	4	40 sec	20 sec
Dips	4	40 sec	20 sec
Seated Row	4	40 sec	20 sec
Lateral Pike Walk	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Mountain Slider	3	20, 30, 40 sec	10, 15, 20 sec
Slider Burpee	3	20, 30, 40 sec	10, 15, 20 sec
Lateral Slider Touch Lunge	3	20, 30, 40 sec	10, 15, 20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 7/8. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Roll Back to Hop	3	40, 30, 20 sec	20, 15, 10 sec
Invisible Skip Rope	3	40, 30, 20 sec	20, 15, 10 sec
Warrior Dance	3	40, 30, 20 sec	20, 15, 10 sec
Lateral Bear Slide	3	40, 30, 20 sec	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for two minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Tip Toe Lunge	3	40 sec	20 sec
Elevated Banded Glute Bridge	3	40 sec	20 sec
Tip Toe Squat	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Lateral Lunge Slider	4	40 sec	20 sec
Weighted Back Slide Lunge	4	40 sec	20 sec
Alternating Weighted Single-Leg Romanian Deadlift	4	40 sec	20 sec
Banded Frogger	4	40 sec	20 sec

DAY 6

Rest or Active Recovery

DAY 7

Rest or Active Recovery

WEEK 2

DAY 1

Core Activation and Endurance

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Jumping Jack	3	40 sec	20 sec
Alternating Dead Bug	3	40 sec	20 sec
Banded Glute Bridge on Floor	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Alternating Elbow Side Planks	4	40 sec	20 sec
Bird Dog	4	40 sec	20 sec
Plank Walkout	4	40 sec	20 sec
Roll Back to Get Up	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Pull-Apart	3	40 sec	20 sec
Banded Push-Up	3	40 sec	20 sec
Superman Banded Overhead	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Forearm Plank	4	40 sec	20 sec
Dips	4	40 sec	20 sec
Seated Row	4	40 sec	20 sec
Lateral Pike Walk	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Mountain Slider	3	20, 30, 40 sec	10, 15, 20 sec
Slider Burpee	3	20, 30, 40 sec	10, 15, 20 sec
Lateral Slider Touch Lunge	3	20, 30, 40 sec	10, 15, 20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Roll Back to Hop	3	40, 30, 20 sec	20, 15, 10 sec
Invisible Skip Rope	3	40, 30, 20 sec	20, 15, 10 sec
Warrior Dance	3	40, 30, 20 sec	20, 15, 10 sec
Lateral Bear Slide	3	40, 30, 20 sec	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for two minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Tip Toe Lunge	3	40 sec	20 sec
Elevated Banded Glute Bridge	3	40 sec	20 sec
Tip Toe Squat	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Lateral Lunge Adduction Slider	4	40 sec	20 sec
Weighted Alternating Back Slide Lunge	4	40 sec	20 sec
Alternating Weighted Single-Leg Romanian Deadlift	4	40 sec	20 sec
Banded Frogger	4	40 sec	20 sec

DAY 6

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME
Active Recovery Run	1	20 min

Rest for two minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Wide-Leg Squat to Hamstring Stretch Flow	1	3
Front Squat Hold	1	Minimum 30 sec
Grounded Cossack Squat	1	3 per side
Grounded Cossack Squat on the Heel	1	3 per side
Lunge Hip Flexor and Quad Stretch with Rotation	1	3 per side
Pigeon Stretch	1	30 sec per side

DAY 7

Rest or Active Recovery

WEEK 3

DAY 1

Core Activation and Endurance

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Jumping Jack	3	40 sec	20 sec
Alternating Dead Bug	3	40 sec	20 sec
Banded Glute Bridge on Floor	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Alternating Elbow Side Planks	4	40 sec	20 sec
Bird Dog	4	40 sec	20 sec
Plank Walkout	4	40 sec	20 sec
Roll Back to Get Up	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Pull-Apart	3	40 sec	20 sec
Banded Push-Up	3	40 sec	20 sec
Superman Banded Overhead	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Forearm Plank	4	40 sec	20 sec
Dips	4	40 sec	20 sec
Seated Row	4	40 sec	20 sec
Lateral Pike Walk	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Mountain Slider	3	20, 30, 40 sec	10, 15, 20 sec
Slider Burpee	3	20, 30, 40 sec	10, 15, 20 sec
Lateral Slider Touch Lunge	3	20, 30, 40 sec	10, 15, 20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Roll Back to Hop	3	40, 30, 20 sec	20, 15, 10 sec
Invisible Skip Rope	3	40, 30, 20 sec	20, 15, 10 sec
Warrior Dance	3	40, 30, 20 sec	20, 15, 10 sec
Lateral Bear Slide	3	40, 30, 20 sec	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for two minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUND S	REPS/TIME	REST
Tip Toe Lunge	3	40 sec	20 sec
Elevated Banded Glute Bridge	3	40 sec	20 sec
Tip Toe Squat	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Lateral Lunge Adduction Slider	4	40 sec	20 sec
Weighted Alternating Back Slide Lunge	4	40 sec	20 sec
Alternating Weighted Single-Leg Romanian Deadlift	4	40 sec	20 sec
Banded Frogger	4	40 sec	20 sec

DAY 6

Rest or Active Recovery

DAY 7

Rest or Active Recovery

WEEK 4

DAY 1

Core Activation and Endurance

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Jumping Jack	3	40 sec	20 sec
Alternating Dead Bug	3	40 sec	20 sec
Banded Glute Bridge on Floor	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Alternating Elbow Side Planks	4	40 sec	20 sec
Bird Dog	4	40 sec	20 sec
Plank Walkout	4	40 sec	20 sec
Roll Back to Get Up	4	40 sec	20 sec

DAY 2

Full-Body and Upper-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Pull-Apart	3	40 sec	20 sec
Banded Push-Up	3	40 sec	20 sec
Superman Banded Overhead	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Forearm Plank	4	40 sec	20 sec
Dips	4	40 sec	20 sec
Seated Row	4	40 sec	20 sec
Lateral Pike Walk	4	40 sec	20 sec

DAY 3

Ladder Full-Body and Cardio

SET 1

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Mountain Slider	3	20, 30, 40 sec	10, 15, 20 sec
Slider Burpee	3	20, 30, 40 sec	10, 15, 20 sec
Lateral Slider Touch Lunge	3	20, 30, 40 sec	10, 15, 20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 6/7. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Roll Back to Hop	3	40, 30, 20 sec	20, 15, 10 sec
Invisible Skip Rope	3	40, 30, 20 sec	20, 15, 10 sec
Warrior Dance	3	40, 30, 20 sec	20, 15, 10 sec
Lateral Bear Slide	3	40, 30, 20 sec	20, 15, 10 sec

DAY 4

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Loosey Goosey Dance	3	30 sec	15 sec
Jumping Jack	3	30 sec	15 sec
Alternating Back Lunge with Shoulder Dislocate and Reach Around	3	30 sec	15 sec

Rest for two minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Child's Pose Hollow Push to Cobra	1	3 slow reps
Child's Pose Pull Left, Pull Right	1	1 slow rep
Thread the Needle	1	1 slow rep
Elbow Hollow-Out	1	3 slow reps

DAY 5

Full-Body and Lower-Body Workout

SET 1

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Tip Toe Lunge	3	40 sec	20 sec
Elevated Banded Glute Bridge	3	40 sec	20 sec
Tip Toe Squat	3	40 sec	20 sec

Rest for two minutes, then move on to Set 2.

SET 2

Perform as a circuit at an RPE of 5/6. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Lateral Lunge Adduction Slider	4	40 sec	20 sec
Weighted Alternating Back Slide Lunge	4	40 sec	20 sec
Alternating Weighted Single-Leg Romanian Deadlift	4	40 sec	20 sec
Banded Frogger	4	40 sec	20 sec

DAY 6

Active Recovery

If you prefer, you can substitute the moves below for an active recovery run or light cardio of choice.

SET 1

Perform as a circuit at an RPE of 4/5. Rest for one minute between rounds.

EXERCISE	ROUNDS	REPS/TIME
Active Recovery Run	1	20 min

Rest for two minutes, then move on to Set 2.

SET 2

Take as much time as you need with each move in this mobility flow.

EXERCISE	ROUNDS	REPS/TIME
Wide-Leg Squat to Hamstring Stretch Flow	1	3
Front Squat Hold	1	Minimum 30 sec
Grounded Cossack Squat	1	3 per side
Grounded Cossack Squat on the Heel	1	3 per side
Lunge Hip Flexor and Quad Stretch with Rotation	1	3 per side
Pigeon Stretch	1	30 sec per side

DAY 7

Rest or Active Recovery