

***CARMEL RODRIGUEZ***

## **PHASE 2**

### **Strength, Agility, and Beginning Tempo**

#### **Welcome to Phase 2!**

I love to train intuitively and listen to my body, and I encourage you to do the same! If you find that the workouts 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 5 to 8 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 5

### DAY 1

Core Strength

#### SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Plank Inchworm, Alternating Upper- and Lower-Body	3	40 sec	20 sec
Rolling Superman to Crunch	3	40 sec	20 sec
Weighted Sit-Up to Overhead Press	3	40 sec	20 sec

**Rest for up to three 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
Bear Pop-Walked Opener	4	40 sec	20 sec
High Inverted Plank Hold (Stepper)	4	40 sec	20 sec
Cat Tuck	4	40 sec	20 sec
Oblique Lengthening Slider	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 up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Lateral Bear Crawl	3	40 sec	20 sec
Face Pull with Resistance Band	3	40 sec	20 sec
High-Front Plank Scapular Push-Up	3	40 sec	20 sec

**Rest for up to three minutes, then move on to Set 2.**

### SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Staggered Push-Ups	4	40 sec	20 sec
Triceps Push Offs	4	40 sec	20 sec
Banded Skiers	4	40 sec	20 sec
Punch Punch Punch Punch	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
Burpee Low-Tuck	3	20, 30, 40 sec	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	10, 15, 20 sec
Plank Walkout to Tempo Bear	3	20, 30, 40 sec	10, 15, 20 sec

**Rest for up to 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
Mini Cart	3	40, 30, 20 sec	20, 15, 10 sec
B-Girls	3	40, 30, 20 sec	20, 15, 10 sec
Mountain Slider Tuck	3	40, 30, 20 sec	20, 15, 10 sec
Front-to-Back Bear Walk	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 up to 90 seconds 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 Dislocates and Reach Around	3	30 sec	15 sec

**Rest for up to three 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 up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Mountain Slider Lunge Slide Combo	3	40 sec	20 sec
Narrow-Stance Romanian Deadlift	3	40 sec	20 sec
Curtsy Lunge Slide	3	40 sec	20 sec

**Rest for up to three 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
Elevated or Weighted Banded Glute Thrust	4	40 sec	20 sec
Banded Wide-Leg Romanian Deadlift	4	40 sec	20 sec
Lateral Lunge Slider to Back Lunge	4	40 sec	20 sec
Banded Frog Slide to Stand	4	40 sec	20 sec

## DAY 6

Rest or Active Recovery

## DAY 7

Rest or Active Recovery

## WEEK 6

### DAY 1

Core Strength

#### SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Plank Inchworm, Alternating Upper- and Lower-Body	3	40 sec	20 sec
Modified Rolling Superman to Crunch	3	40 sec	20 sec
Weighted Sit-Up to Overhead Press	3	40 sec	20 sec

**Rest for up to three 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
Bear Pop-Walked Opener with Tempo	4	40 sec	20 sec
High Inverted Plank Hold (Stepper)	4	40 sec	20 sec
Cat Tuck	4	40 sec	20 sec
Oblique Lengthening Slider	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 up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Lateral Bear Crawl	3	40 sec	20 sec
Face Pull with Resistance Band	3	40 sec	20 sec
High-Front Plank Scapular Push-Up	3	40 sec	20 sec

**Rest for up to three minutes, then move on to Set 2.**

### SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Staggered Push-Up	4	40 sec	20 sec
Triceps Push Off	4	40 sec	20 sec
Banded Skier	4	40 sec	20 sec
Punch Punch Punch Punch	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
Burpee Low-Tuck	3	20, 30, 40 sec	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	10, 15, 20 sec
Plank Walkout to Tempo Bear	3	20, 30, 40 sec	10, 15, 20 sec

**Rest for up to 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
Mini Carts	3	40, 30, 20 sec	20, 15, 10 sec
B-Girl	3	40, 30, 20 sec	20, 15, 10 sec
Mountain Slider Tuck	3	40, 30, 20 sec	20, 15, 10 sec
Front-to-Back Bear Walk	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
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 5

Full-Body and Lower-Body Workout

### SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Mountain Slider Lunge Slide Combo	3	40 sec	20 sec
Narrow-Stance Romanian Deadlift	3	40 sec	20 sec
Curtsy Lunge Slide*	3	40 sec	20 sec

\* Perform at medium tempo.

**Rest for up to three 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
Elevated or Weighted Banded Glute Thrust	4	40 sec	20 sec
Banded Wide-Leg Romanian Deadlift	4	40 sec	20 sec
Lateral Lunge Slider	4	40 sec	20 sec
Banded Frog Slide to Stand	4	40 sec	20 sec

\* Perform at slow to medium tempo.

## DAYS 6 & 7

Rest or Active Recovery

## WEEK 7

### DAY 1

Core Activation and Endurance

#### SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Plank Inchworms, Alternating Upper- and Lower-Body	3	40 sec	20 sec
Modified Rolling Superman to Crunch	3	40 sec	20 sec
Weighted Sit-Up to Overhead Press	3	40 sec	20 sec

**Rest for up to three 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
Bear Pop-Walked Opener	4	40 sec	20 sec
High Inverted Plank Hold (Stepper)	4	40 sec	20 sec
Cat Tuck	4	40 sec	20 sec
Oblique Lengthening Slider	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 up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Lateral Bear Crawl	3	40 sec	20 sec
Face Pull with Resistance Band	3	40 sec	20 sec
High-Front Plank Scapular Push-Up	3	40 sec	20 sec

**Rest for up to three minutes, then move on to Set 2.**

### SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Staggered Push-Up	4	40 sec	20 sec
Triceps Push Off	4	40 sec	20 sec
Banded Skier	4	40 sec	20 sec
Punch Punch Punch Punch	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
Burpee Low-Tuck	3	20, 30, 40 sec	10, 15, 20 sec
Hip Thrust Pop-Up	3	20, 30, 40 sec	10, 15, 20 sec
Plank Walkout to Tempo Bear	3	20, 30, 40 sec	10, 15, 20 sec

**Rest for up to 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	ROUND S	REPS/TIME	REST
Mini Cart	3	40, 30, 20 sec	20, 15, 10 sec
B-Girl	3	40, 30, 20 sec	20, 15, 10 sec
Mountain Slider Tuck	3	40, 30, 20 sec	20, 15, 10 sec
Front-to-Back Bear Walk	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 up to 90 seconds 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 up to three 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 up to 90 seconds between rounds.

EXERCISE	ROUND S	REPS/TIME	REST
Mountain Slider Lunge Slide Combo	3	40 sec	20 sec
Narrow-Stance Romanian Deadlift	3	40 sec	20 sec
Curtsy Lunge Slide	3	40 sec	20 sec

**Rest for up to three 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
Elevated or Weighted Banded Glute Thrust	4	40 sec	20 sec
Banded Wide-Leg Romanian Deadlift	4	40 sec	20 sec
Lateral Lunge Slider to Back Lunge	4	40 sec	20 sec
Banded Frog Slide to Stand	4	40 sec	20 sec

## DAY 6

Rest or Active Recovery

## DAY 7

Rest or Active Recovery



## WEEK 8

### DAY 1

Core Strength

#### SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Plank Inchworm, Alternating Upper- and Lower-Body	3	40 sec	20 sec
Modified Rolling Superman to Crunch	3	40 sec	20 sec
Weighted Sit-Up to Overhead Press	3	40 sec	20 sec

**Rest for up to three 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
Bear Pop-Walked Opener with Tempo	4	40 sec	20 sec
High Inverted Plank Hold (Stepper)	4	40 sec	20 sec
Cat Tuck	4	40 sec	20 sec
Oblique Lengthening Slider	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 up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Lateral Bear Crawl	3	40 sec	20 sec
Face Pull with Resistance Band	3	40 sec	20 sec
High-Front Plank Scapular Push-Up	3	40 sec	20 sec

**Rest for up to three minutes, then move on to Set 2.**

### SET 2

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUNDS	REPS/TIME	REST
Banded Staggered Push-Up	4	40 sec	20 sec
Triceps Push Off	4	40 sec	20 sec
Banded Skier	4	40 sec	20 sec
Punch Punch Punch Punch	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
Burpee Low-Tuck	3	20, 30, 40 sec	10, 15, 20 sec
Walked Pop-Up to Squat Hop	3	20, 30, 40 sec	10, 15, 20 sec
Plank Walkout to Tempo Bear	3	20, 30, 40 sec	10, 15, 20 sec

**Rest for up to 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
Mini Cart	3	40, 30, 20 sec	20, 15, 10 sec
B-Girl	3	40, 30, 20 sec	20, 15, 10 sec
Mountain Slider Tuck	3	40, 30, 20 sec	20, 15, 10 sec
Front-to-Back Bear Walk	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
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 5

Full-Body and Lower-Body Workout

### SET 1

Perform as a circuit at an RPE of 5/6. Rest for up to 90 seconds between rounds.

EXERCISE	ROUND S	REPS/TIME	REST
Mountain Slider Lunge Slide Combo	3	40 sec	20 sec
Narrow-Stance Romanian Deadlift	3	40 sec	20 sec
Curtsy Lunge Slide*	3	40 sec	20 sec

\* Perform at medium tempo.

**Rest for up to three 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
Elevated or Weighted Banded Glute Thrust	4	40 sec	20 sec
Banded Wide-Leg Romanian Deadlift	4	40 sec	20 sec
Lateral Lunge Slider	4	40 sec	20 sec
Banded Frog Slide to Stand	4	40 sec	20 sec

\* Perform at slow to medium tempo.

## DAYS 6 & 7

Rest or Active Recovery