

ADVANCED PROGRAM

Weeks 7-9 Schedule :

MONDAY	3x12 Strength Workout
TUESDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 50 minutes – 6 or 7 effort level out of 10
WEDNESDAY	EMOM (Every Minute on the Minute) Conditioning Workout
THURSDAY	HIIT: Week 1: 40 on, 30 off. Week 2: 40 on, 20 off. Week 3: 45 on, 15 off. Go HARD during intervals. If you have access to a treadmill, do 7 incline run, then walk during recovery time. If you don't, do sprints outside alternating with walking or on other cardio machine. Repeat sequence for 25 minutes then light, slow jog or incline walk for 15 minutes.
FRIDAY	4x8 Strength Workout
SATURDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 50 minutes – 6 or 7 effort level out of 10
SUNDAY	Rest day or go for a walk, hike, do restorative yoga or stretch! Take care of your body so that you feel recovered entering a new week.

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Weeks 7-9 : Monday

Equipment needed: Medium Dumbbells + TRX if available

EXERCISE	TIME/REPS/INTENSITY NOTES
DB step ups (each side) Deadlift (5 second eccentric) Bulgarian SS (each side)	3 sets of 12 reps Rest 1 minutes between sets. Minimal rest between exercises. Eccentric: the lowering phase of the lift
Seated shoulder press If you have access to proper equipment – inverted rows OR bent over rows w/ slow lower Narrow chest press to pullover	3 sets of 12 reps Rest 1 minutes between sets Minimal rest between exercises.
Hollow body scissor kicks (each side- SLOW) Side plank crunch (each side) Ab U's (each way)	3 sets of 12 reps Rest 1 minutes between sets. Minimal rest between exercises.

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON

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Weeks 7-9 : Wednesday

Equipment needed: Light Dumbbells+ timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>12 snatches</u> each side	EMOM – start each new exercise at the top of the minute
<u>12 split squat hops with DB</u>	Repeat 3x- Rest 1-3 minutes if needed between rounds,
<u>12 Dive push-ups</u>	Week 8: Rest 1 minute between rounds
<u>12 lawn mowers each side</u>	Week 9: 30 seconds rest between rounds
<u>20 DB v-ups</u>	
<u>25 squat jack with twist</u>	
<u>25 back elevated DB glute thrust pulses</u>	
<u>10 assisted pistol squats (each side)</u>	
<u>12 reverse flyes</u>	
<u>15 tricep dips</u>	
<u>40 seconds of sumo drop with twist</u>	
<u>15 Side to side burpee</u>	
<u>12 plank to PU jack</u>	

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Weeks 7-9 : Friday

Equipment needed: Heavy Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
Squat to reverse lunge (squat to rev lunge is 1 rep) Dragon Flag Bulgarian split squat Back elevated GT 3 pulses Feet elevated pushup 5 seconds down	Optional Workout 4 sets of 8 reps going heavy and slow for strength emphasis. Rest as needed.