

ADVANCED PROGRAM

Weeks 1-3 Schedule :

MONDAY	3x12 Strength Workout
TUESDAY	<p>HIIT – Week 1: 30 on, 20 off. Week 2: 40 on, 20 off. Week 3: 45 on, 15 off. Go HARD during intervals.</p> <p>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. Repeat sequence for 20 minutes then light, slow jog or incline walk for 15 minutes.</p>
WEDNESDAY	<p>Optional workout: Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 40 minutes – 6 or 7 effort level out of 10</p>
THURSDAY	EMOM (Every Minute on the Minute) Conditioning Workout
FRIDAY	4x8 Strength Workout then light cardio
SATURDAY	<p>Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 40 minutes – 6 or 7 effort level out of 10</p>
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 1-3 : Monday

Equipment needed: Medium Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
Squat to press DB Back elevated GT (hold for 3 seconds at the top) PU Position Swing Taps (12 each)	3 sets of 12 reps Rest 1 minutes between sets. Minimal rest between exercises.
1.5 Deadlift (12 each) Pushups (3 second eccentric) Renegade rows (12 each)	3 sets of 12 reps Rest 1 minutes between sets Minimal rest between exercises. Eccentric: lowering phase of the exercise
Split Stance row to tri ext (12 each) Double pulse reverse lunge (12 each) Hollow body alt presses (12 each)	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 1-3 : Thursday

Equipment needed: Light Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>10 single rack squat</u> (each side)	Start new exercise at the top of each minute – move quickly
<u>15 bicep curls</u>	Rest for 1-3 minuteS between rounds. Repeat 3x
<u>15 sumo deadlifts</u>	Week 2: add on
<u>10 SL crab glute thrust</u> (each side)	20 Squat jack with press
<u>15 tricep pushups</u>	12 Pike to knee tuck
<u>10 lateral lunge to high row</u> (each side)	Week 3: add on
<u>10 plank hip dips</u> (each side)	12 Reverse lunge knee drive with hop (each side)
<u>10 split squat hop with double pulse</u> (each side)	35 sumo drops
<u>10 alternating field goal presses</u> (each side)	
<u>15 wide split stance rows</u> (each side)	



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Weeks 1-3 : Friday

Equipment needed: Heavy Dumbbells + Pullup bar if available

EXERCISE	TIME/REPS/INTENSITY NOTES
Deadlift with double pulse Single leg back elevated glute thrust (each side) Chest fly Pullups or Single arm bent over row (each side)	4 sets of 8 reps Rest 1 minutes between sets. Rest as needed between exercises since the focus is strength, not speed. Then go for 2 mile jog or incline walk

