



FITNESS+

FUNCTIONAL
STRENGTH & CONDITIONING
PROGRAM

50 LB

3





TITLE: Functional Strength & Conditioning Program

AUTHORS: Luc Poirier and Sylvain Lemelin – Division Fitness & Lifestyle Advisors / “C” Division & “D” Division

GRAPHIC DESIGN: Julie Laflamme – Communications Office / “C” Division

EDITING: Communications Office and Translation Section / “C” Division

ILLUSTRATIONS: www.physigraphe.com

✉ cdiv.communications@rcmp-grc.gc.ca

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INTRODUCTION

level

3



level 3

PROGRAM

The RCMP Functional Strength & Conditioning Program is a sequential physical fitness training program consisting of four levels of training.

The Level 3 Program is an advanced program which will help develop superior strength and conditioning for activities of daily living, as well as further increase the level of functional ability for police work. It is structured to prepare members for specialized police work, such as that of the Police Dog Service and Underwater Recovery Team.

PROGRAM ENTRY CRITERIA

Prior to starting this program, you should ensure that:

- > you are in good health;
- > you have no current injury or duty restrictions;
- > you have not answered “yes” to any of the questions on the PAR-Q+ (see Appendix 2 - User Guide);
- > you have been meeting the minimum training guidelines for at least 5-6 months (*i.e.* following a structured strength and conditioning program); and
- > you are able to meet the exit criteria of the Level 2 Program (see Table 2-1).

PROGRAM EXIT CRITERIA

Prior to exiting the Level 3 Program, you must meet the benchmarks listed in Table 3-1.

Table 3-1 Exit Criteria for Level 3

| | MALE | FEMALE |
|----------------------|--------------------|--------------------|
| PUSH-UPS (FROM TOES) | >43 | >29 |
| PULL UPS | 8 | 2 |
| BACK SQUAT | 80% BW^ (10 reps.) | 80% BW^ (10 reps.) |
| COOPER | 12:00 | 12:00 |
| PARE | <3:30 | <3:30 |
| PDS PARE | <9:00 | <9:00 |

BW^= Body Weight

Once you have successfully met these parameters, you may progress to the Level 4 Program, or take a 3-4 week break and cross train to give your body a chance to recover and regenerate. If you choose to cross train, please be certain that you are still able to meet the Level 3 exit criteria if you choose to start Level 4.

EQUIPMENT REQUIREMENT

ONLY A MINIMUM AMOUNT OF EQUIPMENT AND SPACE IS REQUIRED FOR THE LEVEL 3 PROGRAM.

The following is a list of equipment required:

- **Cardio:** any available piece of equipment such as treadmill, bike, rower, etc.;
- **Strength:** dumbbells, exercise ball, barbell, bench, high/low pulley and/or resistance bands (one or the other will do), suspension training device such as a TRX or Freestyle Trainer.

FORMAT

The program is structured so that you are exercising 3-4 times per week: 2 strength and conditioning days, 1 circuit day and 1 optional aerobic conditioning day. We recommend that you perform your functional conditioning days on alternate days (*e.g.* Mon-Wed-Fri) and the aerobic conditioning day following Day 3. Although the aerobic conditioning day is optional, we recommend that you do this day. If you are training for the Police Dog Service Physical Abilities Requirement Evaluation (PARE), we recommend that you choose the aerobic day and focus on running.

Each workout contains a warm-up, strength and conditioning exercises and flexibility exercises. Some will have a specific cardiovascular challenge. In addition, the program is set up in three phases, each lasting 6-8 weeks. Therefore, the entire program consists of twelve different training days (*i.e.* 4 different workouts for phase one, two and three, respectively). The approximate time requirements for each workout are shown below:

| WORKOUT DAY 1 AND 3 | | WORKOUT DAY 2 – CIRCUIT | | WORKOUT DAY 4 Aerobic Conditioning (AC) | |
|---------------------------------------|-----------|---------------------------------|-----------|--|-----------|
| Traditional/ Dynamic Warm-up | 5-10 min | Traditional/ Dynamic Warm-up | 5-10 min | Traditional/ Dynamic Warm-up | 5-10 min |
| Strength | 20-30 min | Circuit (C) | 15-30 min | Aerobic Conditioning (AC) | 30-45 min |
| Anaerobic/ Aerobic Conditioning | 15-30 min | Flexibility | 10 min | | |
| Flexibility | 10 min | | | | |

PROGRAM PHASES

Level 3 consists of three phases (see: Table 3-2). Each phase requires that you exercise three to four times per week. Workout days 1 and 3 are structured workouts and workout day 2 is a circuit. Workout day 4 is an optional aerobic conditioning day. The structured workout consists of groupings of exercises that are performed one after the other followed by a rest period. The aerobic conditioning workout consists of any aerobic exercise of your choice (*e.g.* running, cycling, swimming, etc.). The circuit workout consists of exercises that are performed one after the other for one round.

Table 3-2 Level 3 Weekly Training & Loading Progression

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|----------------|----------|-------|----------|-------|----------|-------|-------|
| PHASE A | W1 | | W2 | | W3 | W(Op) | |
| WEEK 1 | 2 sets | — | 2 sets | — | 2 sets | AC | — |
| WEEK 2 | 2-3 sets | — | 2-3 sets | — | 2-3 sets | AC | — |
| WEEK 3 | 3 sets | — | 3 sets | — | 3 sets | AC | — |
| WEEK 4 | 3 sets | — | 3sets | — | 3 sets | AC | — |
| WEEK 5 | 3-4 sets | — | 3-4 sets | — | 3-4 sets | AC | — |
| WEEK 6-8 | 4 sets | — | 4 sets | — | 4 sets | AC | — |
| PHASE B | W1 | | W2 | | W3 | W(Op) | |
| WEEK 9 | 2 sets | — | 2 sets | — | 2 sets | AC | — |
| WEEK 10 | 2-3 sets | — | 2-3 sets | — | 2-3 sets | AC | — |
| WEEK 11 | 3 sets | — | 3 sets | — | 3 sets | AC | — |
| WEEK 12 | 3 sets | — | 3 sets | — | 3 sets | AC | — |
| WEEK 13 | 3-4 sets | — | 3-4 sets | — | 3-4 sets | AC | — |
| WEEK 14-16 | 4 sets | — | 4 sets | — | 4 sets | AC | — |
| PHASE C | W1 | | W2 | | W3 | W(Op) | |
| WEEK 17 | 2 sets | — | 2 sets | — | 2 sets | AC | — |
| WEEK 18 | 2-3 sets | — | 2-3 sets | — | 2-3 sets | AC | — |
| WEEK 19 | 3 sets | — | 3 sets | — | 3 sets | AC | — |
| WEEK 20 | 3 sets | — | 3 sets | — | 3 sets | AC | — |
| WEEK 21 | 3-4 sets | — | 3-4 sets | — | 3-4 sets | AC | — |
| WEEK 22-24 | 4 sets | — | 4 sets | — | 4 sets | AC | — |

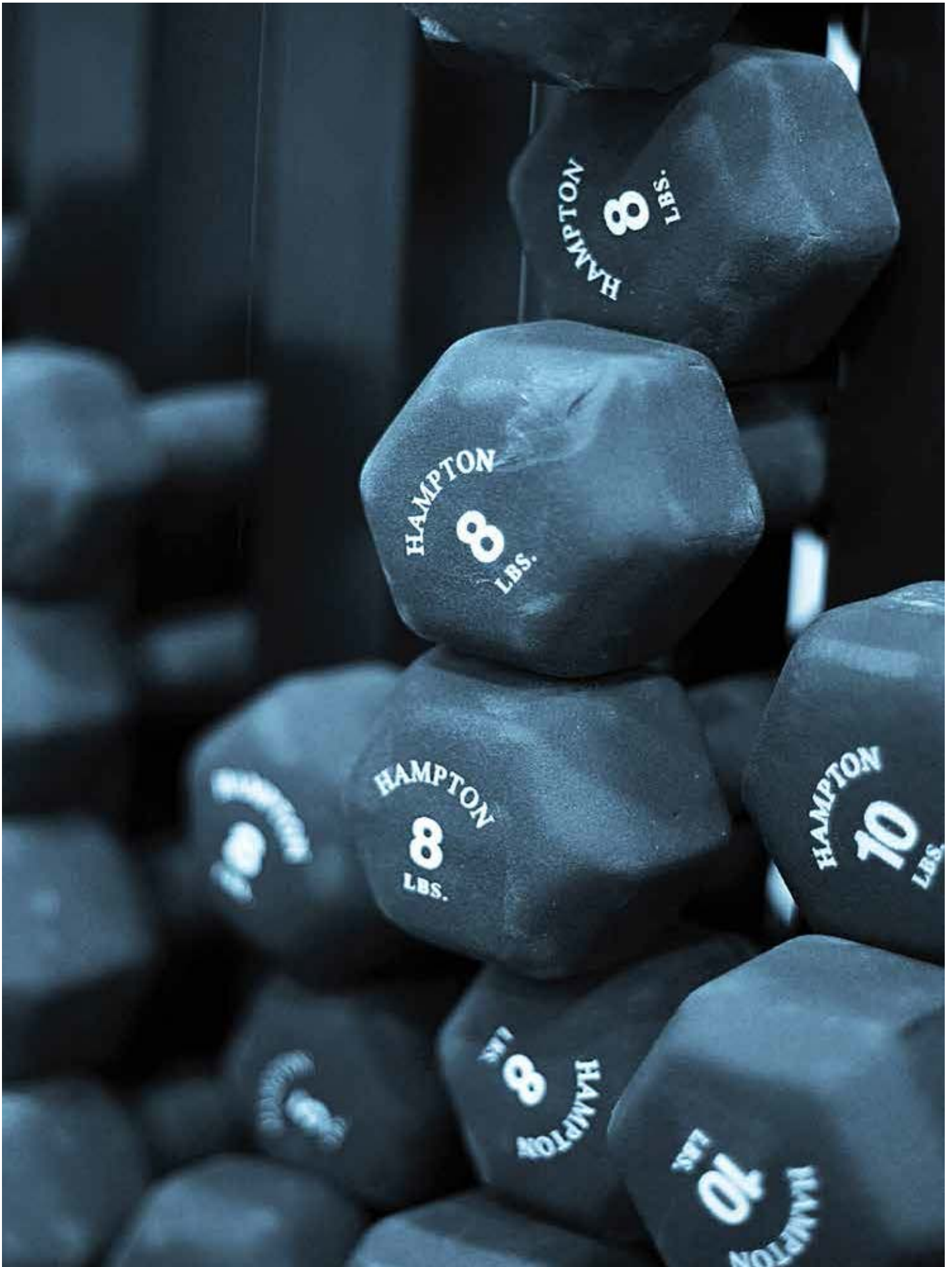
W1 = Workout #1

W(Op) = Optional Workout

AC = Aerobic Conditioning

IMPORTANT CONCEPTS WARM-UP, PROGRESSIVE LOADING, EXERCISE INTENSITY AND TEMPO

In order to achieve the desired goal of the Level 3 Program (*i.e.* to prepare you for a high level of fitness and physical ability for police work), it is important to pay attention to warm-up, loading, effort/intensity and tempo.



WARM-UP

Every workout must start with a warm-up. The essential goal of the warm-up is to prepare your body for movement. Often the warm-up consists of hastily performed stretching which recent studies have indicated might do more harm than good.

In the context of this functional strength and conditioning program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups, that will be used during that workout, or it might suggest a more traditional, progressive warm-up. After completing the general warm-up or dynamic warm-up, your body will be ready to generate the muscular actions required to successfully and safely complete your program. The program gives you both options and it is up to you decide which one you want to use. **The take-home message is that you must warm-up before you start to exercise!**

PROGRESSIVE LOADING

The load, in the context of this program, refers to the amount being lifted for a particular exercise. It is important that the load is recorded during your workout (see Log Sheet in User Guide). The amount of weight to use, or load, will depend on the number of repetitions required for each particular exercise. The repetition (or reps) is the number of times the exercise is to be repeated. Therefore, when an exercise requires a specific number of reps, the load must be such that it challenges you to reach that number which is known as your repetition maximum (RM). As your body adapts to the exercise stimulus (load) for a given exercise, it is crucial that the load be increased. This concept is known as progressive loading. **In order to continually improve (i.e. get stronger/fitter), the load has to be increased.** The number of sets for each exercise is another variable that is used to manipulate the load. A set is a group or number of repetitions performed consecutively without resting (e.g. a set may consist of 8 repetitions; a person may perform 3 sets of 8 repetitions). Table 3-2 demonstrates the way in which the sets are structured for this program.

EXERCISE INTENSITY

Intensity is the amount of stress placed on a particular system. The intensity of an exercise can also be characterized by rate of perceived exertion (RPE) which can be manipulated by changing the number of repetitions, sets or rest period. In the context of the Functional Strength & Conditioning Program, the RPE is used to determine the perceived effort required for certain exercises (cardiovascular and anaerobic conditioning) and the number of sets, reps and rest period between strength exercises is used to manipulate the intensity of the work. Refer to Table 3-3 for more information on RPE.

Table 3-3 Rate of Perceived Exertion

| RPE (0-10 scale) | % of Maximum Heart rate (MHR) | Level of Exertion | Talk Test |
|------------------|-------------------------------|-------------------|-----------------------------|
| 2 | — | Very, very light | — |
| 3 | <35 | Very light | Regular conversation |
| 4 | 35-50 | Fairly light | — |
| 5-6 | 55-65 | Moderate | Some pauses in conversation |
| 7-8 | 70-85 | Hard | Short sentences |
| 9 | >90 | Very Hard | Short yes/no answers |
| 10 | 100 | Maximal | Can't talk |

TEMPO

Tempo (Tpo) refers to the speed at which you are moving the load during the exercise. For example, a 2-1-1 Tpo would translate into a two-second movement (as in lowering the load), followed by a one-second pause, then a one-second movement (as in lifting of the load). A number 0, in a 1-0-1 tempo refers to no pause, while an "X" in a 1-1-X refers to an explosive movement.



EXERCISE SAFETY PREVENTING INJURIES

The best advice in preventing injuries and exercising safely is to use your best judgment (*i.e.* be responsible with the equipment and respect your physical limits). It is also important to be aware of the environment where you are exercising, as well as the way in which your body is responding to exercise.

The following is a list of precautions that will enhance your training experience and make your environment safer:

EQUIPMENT

Before starting an exercise, check the equipment to make sure it is safe to use and that the area around you is free from clutter or tripping hazards.

EXERCISE TECHNIQUE

It is important that you know how to safely perform each exercise. Improper execution of an exercise is often cited as one of the major causes of injury, because technique is compromised for increased resistance or number of reps. In addition, consider the following checklist of strategies for protecting against injuries¹:

- > **test how heavy something is prior to lifting it;**
- > **use a solid, grounded lifting stance with firm footing;**
- > **keep knees flexed (bent) and hips slightly hinged;**
- > **brace the midsection by engaging your abs and use your legs as the prime movers, not the back;**
- > **keep the load close to the body;**
- > **stay upright with abdominal muscles engaged and do not slouch; and**
- > **when lifting from the ground, keep your arms close to the trunk and squat with your legs.**

HYDRATE

As you exercise, your body loses water through sweat. Failure to replace this fluid can result in fatigue, decreased work capacity and increased susceptibility to infections and injury. At the very minimum, you should replace all fluid lost during a workout.

INJURIES

Treat minor injuries such as abrasions, bruises, strains and cuts right away. To minimize damage and accelerate the healing process, use the RICE strategy when dealing with an injury:

- > **Rest the injured body part.**
- > **Ice the injured area for 10-20 minutes every 2-3 hours.**
- > **Compress the injured area with an elastic bandage or towel (if swelling occurs).**
- > **Elevate the injured area above the level of the heart.**

OVERTRAINING

When your body does not have adequate time to recuperate from training, it can experience a plateau or an actual drop in performance. This lack of progression is usually a result of not following the recommended guidelines for proper recovery. Symptoms of overtraining include:

- > **prolonged muscle aches;**
- > **unexplained weight loss;**
- > **chronic fatigue;**
- > **loss of appetite;**
- > **inability to maintain performance;**
- > **decreased resistance to illness;**
- > **constipation or diarrhea; and**
- > **an increase in resting heart rate and training heart rate (8-10 bpm or greater).**

¹ Frounfelter, G. 2009. Watch Your Biomechanics, *NSCA Performance Performance Training Journal* 8(5): 8–9.



DYNAMIC WARM-UP

level

3

DYNAMIC WARM-UP

EVERY WORKOUT MUST START WITH A WARM-UP.

The essential goal of the warm-up is to prepare your body for movement. Often the warm-up is comprised of hastily performed stretching which recent studies have indicated might do more harm than good.

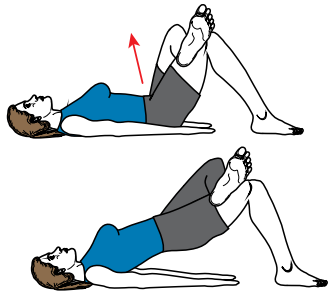
In the context of the Functional Strength & Conditioning Program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups that will be used during that workout, or it might suggest a more traditional, progressive warm-up.

Completing a general warm-up or dynamic warm-up ensures your body will be ready to generate the necessary muscular actions required to successfully and safely complete your program. The program gives you both options and it is up to you to decide which one you want to use. **The take-home message is you must warm-up before you start to exercise!**

DYNAMIC WARM-UP (5-10 MINUTES)

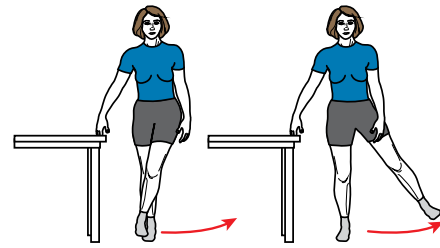
- > Perform 5-6 repetitions of each exercise.
- > Perform each exercise under control.
- > Intensity increases as you progress through the dynamic warm-up routine.

EXERCISE

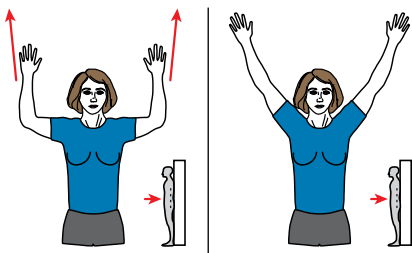


One Foot Hip Raise

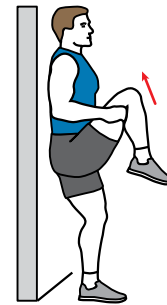
EXERCISE



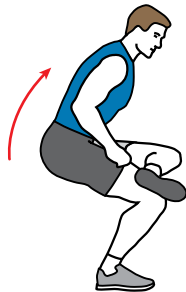
Flexibility / Hip Range of Motion



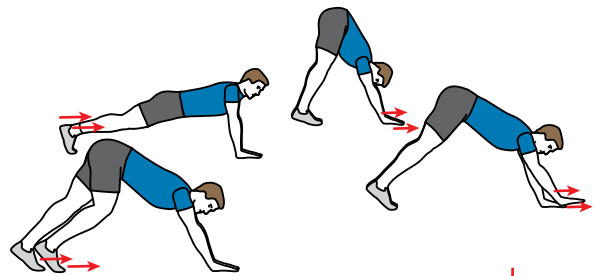
Flexibility / Shoulders Chest Stretching



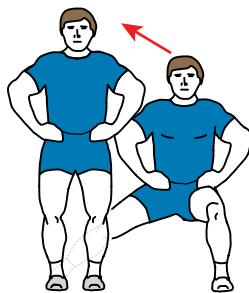
Flexibility / Buttocks Stretching



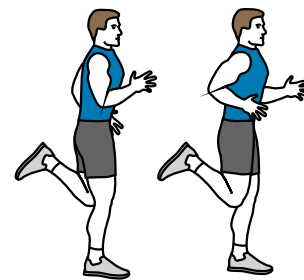
Strengthening Quad / Flexibility Hip Gluteal



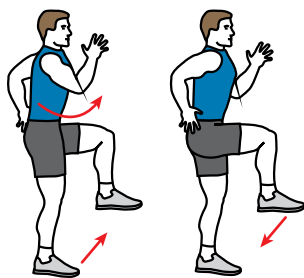
Caterpillar



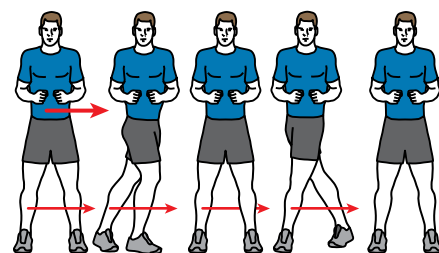
Side Lunges



Warm-up / Kick-back



High Knees on Spot



Carioca



PHASE A

DAY 1
DAY 2
DAY 3

WEEKS 1-8

level

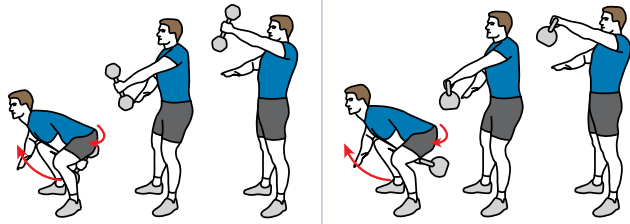
3



3

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

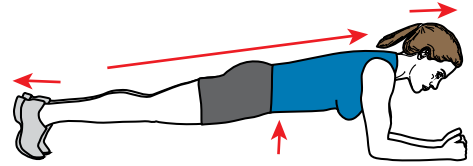


A 1

Arm Dumbbell Swing

SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X

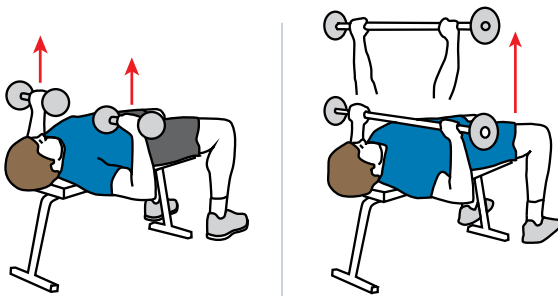
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 2

Elbow Front Plank

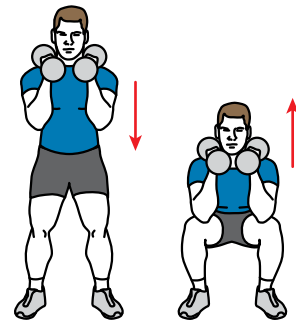
SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC



A 3

Dumbbell Bench Press

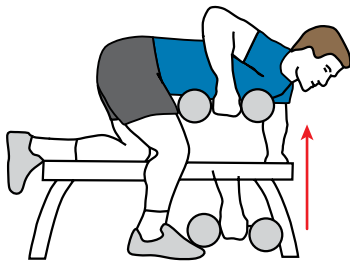
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-120



B 1

Dumbbell Squat

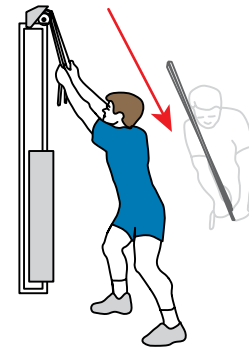
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1



B 2

Dumbbell Bent Over Row

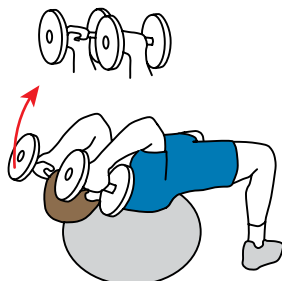
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1



B 3

Standing Chop

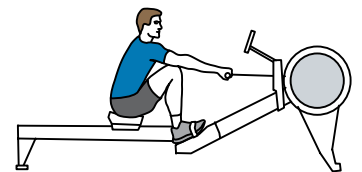
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1



B 4

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

✦ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

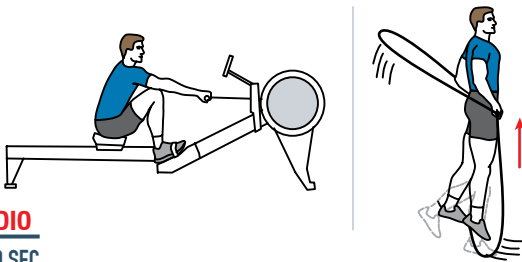
| DESCRIPTION | | DESCRIPTION | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|---|---------------------------|---|----------------|-------|------------|--------------|----------------|-------|---|-------|------|-------|-------|---|-------|------|-------|-------|---|-------|------|-------|-------|---|-------|------|-------|
| A 1 | <p>Keep your back straight, abs engaged (tight) and head neutral. Hold a dumbbell (or kettlebell) with one hand between your legs to start. Using your legs and hips, keeping your arm straight, swing the weight to shoulder height. Allow the dumbbell to return to the initial position in a controlled manner. Repeat the exercise with the opposite arm.</p> <p>Arm Dumbbell Swing</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | A 2 | <p>From a prone position, feet and elbows on the floor, keep your body rigid and maintain a straight alignment. Keep your abs engaged (tight) and back straight. Maintain this position for the prescribed amount of time.</p> <p>Elbow Front Plank</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| A 3 | <p>Keep abs engaged (tight) and your back flat on the bench. Use a closed pronated (overhand) grip. With your arms extended above your shoulder, lower the dumbbells until your elbows reach a 90 degree angle, by keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Dumbbell Bench Press</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-120</p> | B 1 | <p>Heels are at hip/shoulder width apart, with your toes pointing at “two and ten o'clock position”. Resting the dumbbells on your shoulders, perform the squat (which is a sitting motion) by flexing your hips, knees and ankles, ensuring that your knees track over the feet. Lower your body until your thighs are parallel with the floor, keeping your back straight, abs engaged (tight), head neutral and chest out.</p> <p>Dumbbell Squat</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| B 2 | <p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, place one knee and hand on the bench for support. From an extended arm position, pull the dumbbell towards your trunk by flexing the elbow. Keep the elbow close to your body. Repeat on the other side with other arm.</p> <p>Dumbbell Bent Over Row</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1</p> | B 3 | <p>High to low cable trunk rotation in a standing position. Keep your abs engaged (tight), back straight elbows extended (straight arms) and knees bent. Rotate your trunk and pull the cable towards the opposite hip/leg. Return to the start position and perform all the reps, then switch sides.</p> <p>Standing Chop</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| B 4 | <p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Swiss Ball</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90</p> | CARDIO PROGRESSION | <p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>1 & 2</td> <td>3</td> <td>30-40</td> <td>9/10</td> <td>60-90</td> </tr> <tr> <td>3 & 4</td> <td>4</td> <td>30-40</td> <td>9/10</td> <td>60-90</td> </tr> <tr> <td>5 & 6</td> <td>5</td> <td>30-40</td> <td>9/10</td> <td>60-90</td> </tr> <tr> <td>7 & 8</td> <td>6</td> <td>30-40</td> <td>9/10</td> <td>60-90</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p> | Week | Reps. | Work (sec) | Effort (RPE) | Recovery (sec) | 1 & 2 | 3 | 30-40 | 9/10 | 60-90 | 3 & 4 | 4 | 30-40 | 9/10 | 60-90 | 5 & 6 | 5 | 30-40 | 9/10 | 60-90 | 7 & 8 | 6 | 30-40 | 9/10 | 60-90 |
| Week | Reps. | Work (sec) | Effort (RPE) | Recovery (sec) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 & 2 | 3 | 30-40 | 9/10 | 60-90 | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 & 4 | 4 | 30-40 | 9/10 | 60-90 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 & 6 | 5 | 30-40 | 9/10 | 60-90 | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 & 8 | 6 | 30-40 | 9/10 | 60-90 | | | | | | | | | | | | | | | | | | | | | | | | |

FITNESS +

level 3 | PHASE A | DAY 2

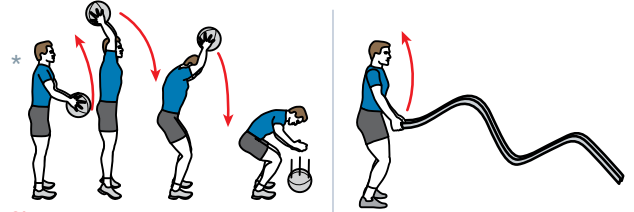
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EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



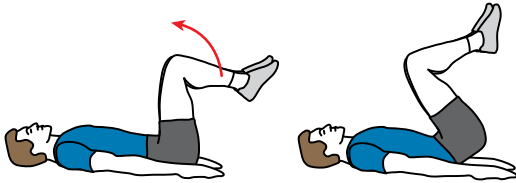
CARDIO
20-30 SEC

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

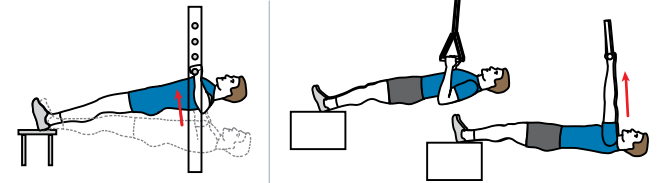


MB Slam
15-20 REPS

* Warning: Injury Risk. Ball may bounce.



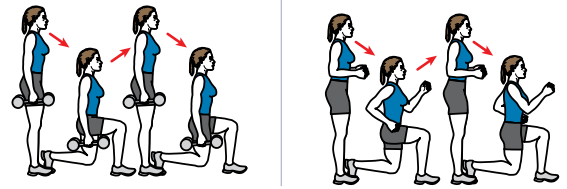
Abdominal Reverse Crunch Hands on Floor
15-20 REPS



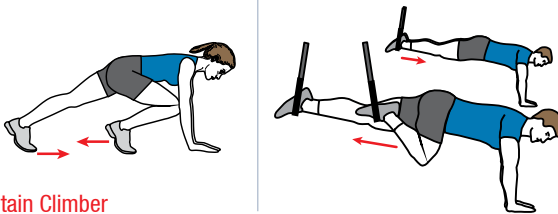
Inverted Row Feet Elevated
15-20 REPS



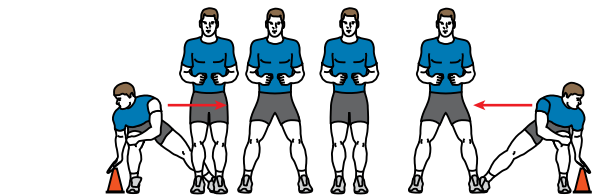
CARDIO – Skipping Rope
20-30 SEC



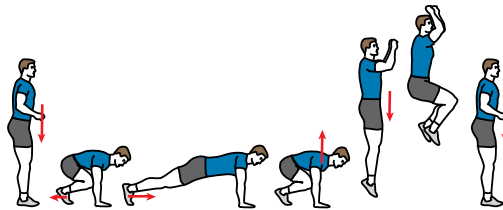
Walking Lunges
15-20 REPS



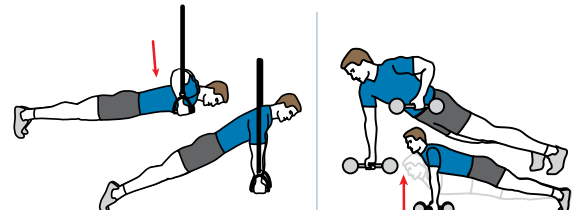
Mountain Climber
15-20 REPS



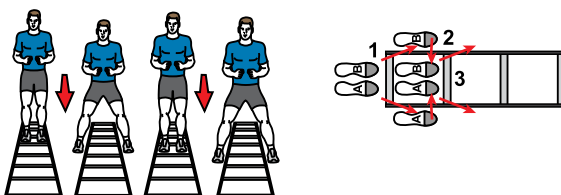
Shuffle Between 2 Cones
DO AS MANY AS POSSIBLE IN 20-30 SEC



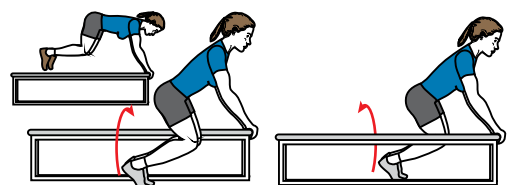
Burpee
15-20 REPS



Push-up
15-20 REPS



Ladder In-Out (Hopscotch)
DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



Side Jump Holding Bench
15-20 REPS

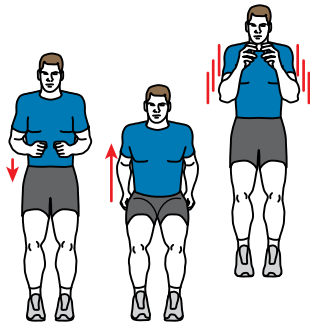
level 3 | PHASE A | DAY 2 | CIRCUIT DESCRIPTION

- + 1. 5-10 minute warm-up (dynamic or cardio).
- 2. Perform 15-20 repetitions per station or do it for time (20-30 seconds). Move to the next station.
- 3. Repeat the circuit 2-4 times.
- 4. Recommended progression: WK 1: 2 sets of 15 reps; WK 2: 2 to 3 sets of 15 reps; WK 3&4: 3 sets of 15 reps; WK 5&6: 3 sets of 20 reps; WK 7&8: 3 to 4 sets of 20 reps.

| DESCRIPTION | DESCRIPTION |
|--|--|
| <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p> | <p>From a standing position, lift the medicine ball over your head. Keeping your abs engaged (tight), use your entire body (legs, trunk and arms) to throw the ball on the floor as hard as you can.</p> <p>MB Slam 15-20 REPS</p> |
| <p>Starting from a back lying position. Both knees are flexed at a 90 degree angle. Lift hips off the floor. Keep abs engaged (tight) and the back straight.</p> <p>Abdominal Reverse Crunch Hands on Floor 15-20 REPS</p> | <p>Use a low-hanging bar (smith machine, squat rack, suspension trainer). Using a pronated (overhand grip, medium hand placement) and feet on the floor, form an incline angle of 45 degrees with the floor. Keeping the body straight and rigid and elbows close to your body, pull your body up until your chest is close to the bar.</p> <p>Inverted Row Feet Elevated 15-20 REPS</p> |
| <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO – Skipping Rope 20-30 SEC</p> | <p>Keep your back straight, abs engaged (tight) and head neutral. Grab a dumbbell (or kettlebell/plate) in each hand. Take a step forward with your right leg, keeping the right knee behind the toes and weight focused on the heel of the right foot and lower your body until both legs are at 90 degrees. Lift yourself up, move forward and lunge with the left leg. Alternate until the prescribed number of reps are completed.</p> <p>Walking Lunges 15-20 REPS</p> |
| <p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with your back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Mountain Climber 15-20 REPS</p> | <p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones DO AS MANY AS POSSIBLE IN 20-30 SEC</p> |
| <p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; followed by a vertical jump before returning to the starting position.</p> <p>Burpee 15-20 REPS</p> | <p>Keep your back straight, abs engaged (tight), so that your ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width apart). Press your trunk upward to full elbow extension.</p> <p>Push-up 15-20 REPS</p> |
| <p>In an athletic stance, with feet hip width apart and head neutral, jump forward with your feet spread wide apart, so that your feet are straddling the first square. Then jump inside the first square with both feet. Repeat throughout the ladder as quickly as possible.</p> <p>Ladder In-Out (Hopscotch) DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p> | <p>Stand next to a bench. Keep your shoulders perpendicular to the bench and feet together. Holding the end of the bench with both hands, jump to one side of the bench. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Side Jump Holding Bench 15-20 REPS</p> |

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

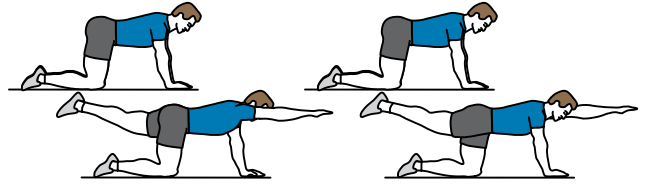
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Straight Jump Close Stance

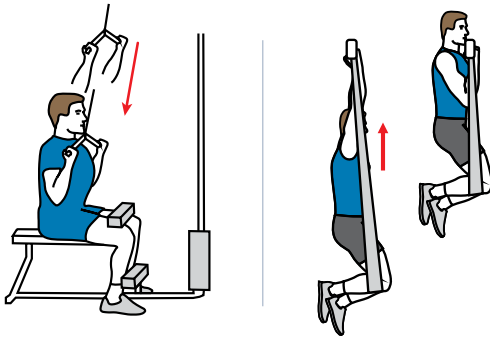
SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



A 2

Bird Dog

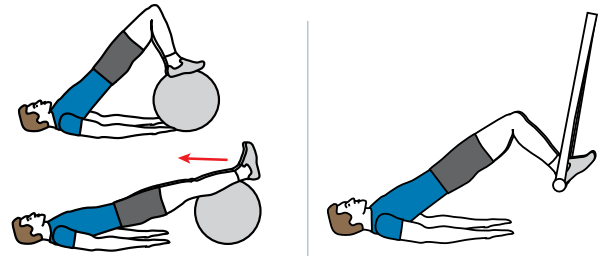
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1



A 3

Lat Pulldown Incline Supinated Grip

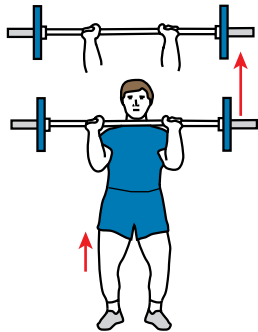
SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-120



B 1

Leg Curl on Exercise Ball

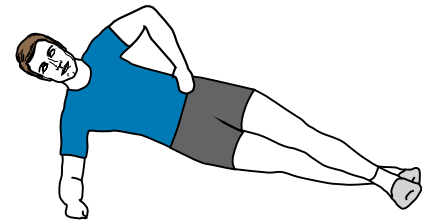
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1



B 2

Push Press

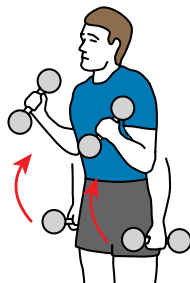
SETS: 2-4 / REPS: 10-12 / TPO: 2-1-X



B 3

Side Plank Split Feet Hand to Hip

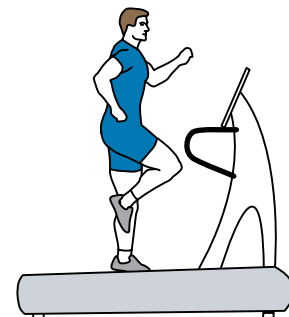
SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC



B 4

Biceps Dumbbell Curl Neutral Grip (optional)

SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90



CARDIO

20-30 MINUTES / EFFORT: 7-8/10 RPE

+ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

| DESCRIPTION | | DESCRIPTION | |
|----------------------|--|----------------------|--|
| A 1 | <p>Keep your back straight, abs engaged (tight), head neutral and center of gravity over your feet. Jump as high as possible using your legs. Absorb the landing (<i>i.e.</i> softly) by flexing your hips, knees and ankles. There should be no forward or backward movement/travel (<i>i.e.</i> try to land in the same spot).</p> <p>Straight Jump Close Stance</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | A 2 | <p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p>Bird Dog</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p> |
| A 3 | <p>Keep your back straight and abs engaged (tight). Hands are placed at approximately shoulder width apart. Use a supinated grip (<i>i.e.</i> underhand grip, palms facing you). Pull the bar towards your upper chest.</p> <p>Lat Pulldown Inclined Supinated Grip</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 60-120</p> | B 1 | <p>Keep your back straight, abs engaged (tight) and hips on the floor. First lift your hips off the floor, then pull your heels towards your buttocks. Push back your feet and lower your hips to the floor. This exercise can be done with a ball or a suspension trainer.</p> <p>Leg Curl on Exercise Ball</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p> |
| B 2 | <p>Keep your back straight, abs engaged (tight) and head neutral. Keep your feet at hip/shoulder width. Hands are grasping the bar at shoulder width and the bar is resting on your shoulders. Using your legs, press the weight dynamically and vertically until your elbows are locked out (<i>i.e.</i> arms are straight).</p> <p>Push Press</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-X</p> | B 3 | <p>Keep your back straight, abs engaged (tight) and head aligned with the spine. The top leg is placed in front of the bottom leg. Lean on your elbow and forearm, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on your hip (or mid-section). Maintain this position for the prescribed amount of time. Repeat with the other side.</p> <p>Side Plank Split Feet Hand to Hip</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC</p> |
| B 4 | <p>Keep your back straight, abs engaged (tight), knees bent and your feet shoulder width apart. Using a neutral/hammer grip (palms inward), perform a biceps hammer curl followed by an overhead shoulder press.</p> <p>Biceps Dumbbell Curl Neutral Grip (optional)</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p> | | <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO</p> <p>20-30 MINUTES / EFFORT: 7-8/10 RPE</p> |

PHASE B

DAY 1
DAY 2
DAY 3

WEEKS 9-16

level

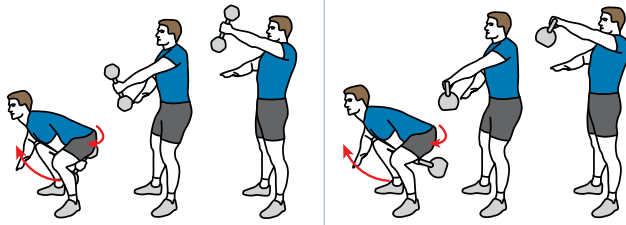
3



3

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Arm Dumbbell Swing

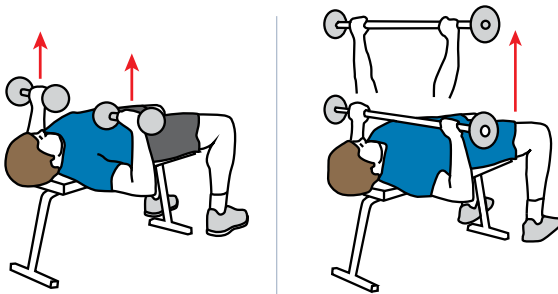
SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



A 2

Ball Rollout

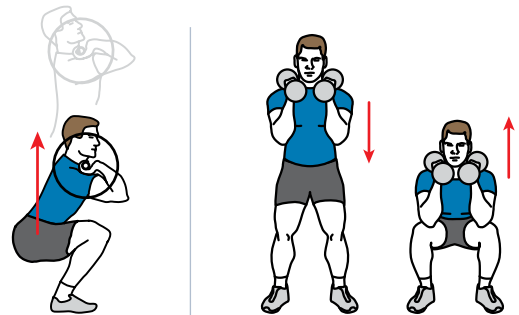
SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1



A 3

Dumbbell Bench Press

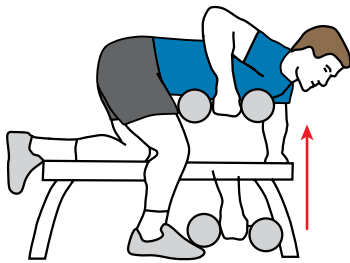
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 60-120



B 1

Barbell Front Squat

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



B 2

Dumbbell Bent Over Row

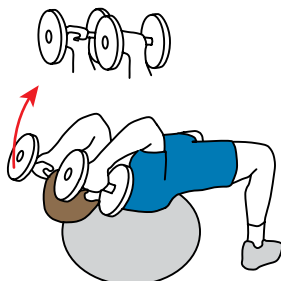
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



B 3

Standing Reverse Chop

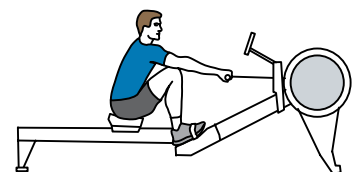
SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1



B 4

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

+ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

| DESCRIPTION | | DESCRIPTION | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|---|---------------------------|---|----------------|-------|------------|--------------|----------------|-------|---|-------|------|--------|-------|---|-------|------|--------|-------|---|-------|------|--------|-------|---|-------|------|--------|
| A 1 | <p>Keep your back straight, abs engaged (tight) and head neutral. Hold a dumbbell (or kettlebell) with one hand between your legs to start. Using your legs and hips, keeping your arm straight, swing the weight to shoulder height. Allow the dumbbell to return to the initial position in a controlled manner. Repeat the exercise with the opposite arm.</p> <p>Arm Dumbbell Swing</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | A 2 | <p>Keep your back straight, abs engaged (tight), knees on the floor and forearms and hands in contact with the exercise ball throughout the entire movement. From the starting position, push the ball away from the trunk until the body is in a kneeling plank position. Hold the extended position, then return to the starting position.</p> <p>Ball Rollout</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| A 3 | <p>Keep abs engaged (tight) and your back flat on the bench. Use a closed pronated (overhand) grip. With your arms extended above your shoulder, lower the dumbbells until your elbows reach a 90 degree angle, by keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Dumbbell Bench Press</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 60-120</p> | B 1 | <p>Heels are at hip/shoulder width apart with your toes pointing at “two and ten o'clock position”. Grasp the barbell with a pronated (overhand) grip, slightly wider than shoulder width. Position the bar at chest height so that the bar is resting on the front of your shoulders. Elbows are placed as high as possible so that they are pointing forward and your fingers are under the bar on each side. (The back of the upper arm (triceps) should be parallel with the floor). Perform the squat (which is a sitting motion) by flexing your hips, knees and ankles, ensuring that your knees track over your feet. Lower your body until the thighs are parallel with the floor, keeping your back straight, abs engaged (tight), head neutral and chest out.</p> <p>Barbell Front Squat</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| B 2 | <p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, place one knee and hand on the bench for support. From an extended arm position, pull the dumbbell towards your trunk by flexing the elbow. Keep the elbow close to your body. Repeat on the other side with other arm.</p> <p>Dumbbell Bent Over Row</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1</p> | B 3 | <p>Low to high cable trunk rotation in a standing position. Keep your abs engaged (tight), back straight, knees flexed (bent) and elbows extended (straight arms). Rotate your trunk and pull the cable upward and diagonally towards the opposite shoulder/hip/leg. Return to the start position and perform all the reps, then switch sides.</p> <p>Standing Reverse Chop</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| B 4 | <p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Swiss Ball</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 3-1-1 / REST: 30-90</p> | CARDIO PROGRESSION | <p>1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>1 & 2</td> <td>3</td> <td>40-60</td> <td>9/10</td> <td>90-120</td> </tr> <tr> <td>3 & 4</td> <td>4</td> <td>40-60</td> <td>9/10</td> <td>90-120</td> </tr> <tr> <td>5 & 6</td> <td>5</td> <td>40-60</td> <td>9/10</td> <td>90-120</td> </tr> <tr> <td>7 & 8</td> <td>6</td> <td>40-60</td> <td>9/10</td> <td>90-120</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p> | Week | Reps. | Work (sec) | Effort (RPE) | Recovery (sec) | 1 & 2 | 3 | 40-60 | 9/10 | 90-120 | 3 & 4 | 4 | 40-60 | 9/10 | 90-120 | 5 & 6 | 5 | 40-60 | 9/10 | 90-120 | 7 & 8 | 6 | 40-60 | 9/10 | 90-120 |
| Week | Reps. | Work (sec) | Effort (RPE) | Recovery (sec) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 & 2 | 3 | 40-60 | 9/10 | 90-120 | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 & 4 | 4 | 40-60 | 9/10 | 90-120 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 & 6 | 5 | 40-60 | 9/10 | 90-120 | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 & 8 | 6 | 40-60 | 9/10 | 90-120 | | | | | | | | | | | | | | | | | | | | | | | | |

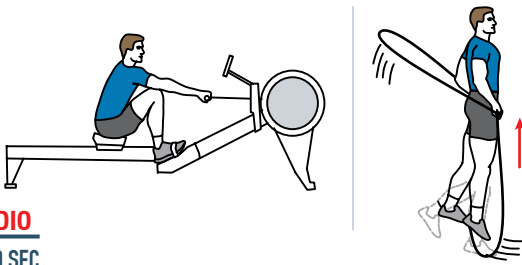
FITNESS +

level

3 PHASE B DAY 2

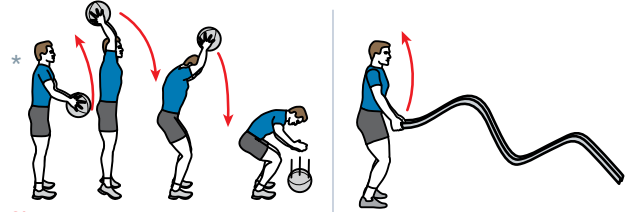
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EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



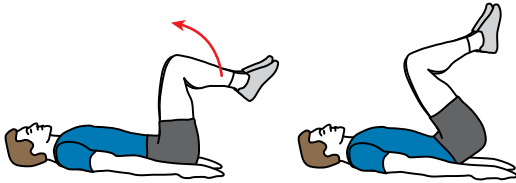
CARDIO
20-30 SEC

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

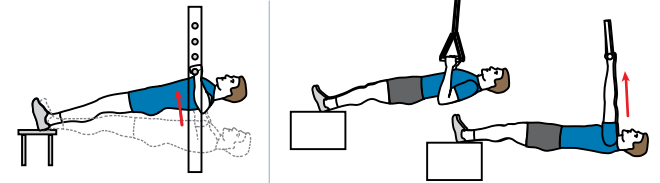


MB Slam
15-20 REPS

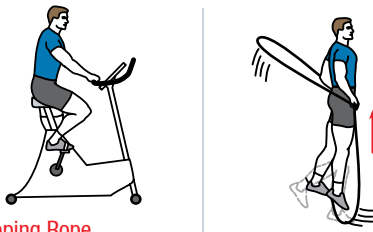
* Warning: Injury Risk. Ball may bounce.



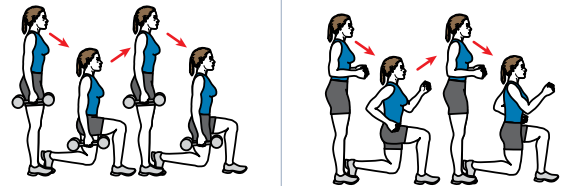
Abdominal Reverse Crunch Hands on Floor
15-20 REPS



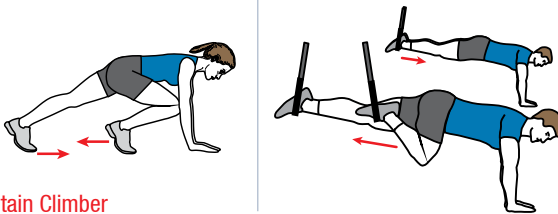
Inverted Row Feet Elevated
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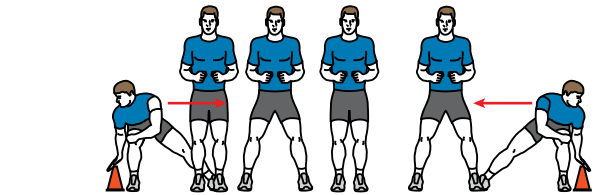
CARDIO – Skipping Rope
20-30 SEC



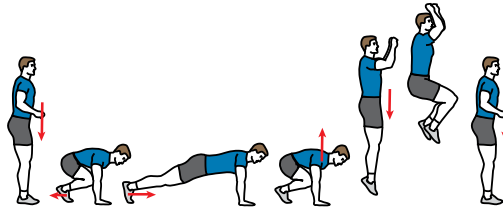
Walking Lunges
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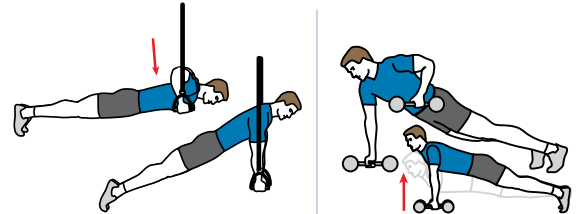
Mountain Climber
15-20 REPS



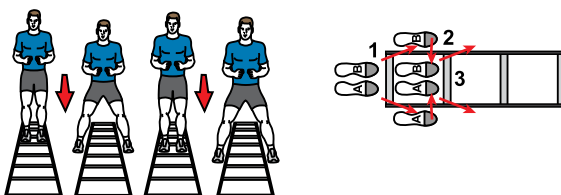
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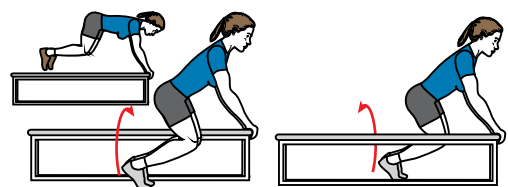
Burpee
15-20 REPS



Push-up
15-20 REPS



Ladder In-Out (Hopscotch)
DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



Side Jump Holding Bench
15-20 REPS

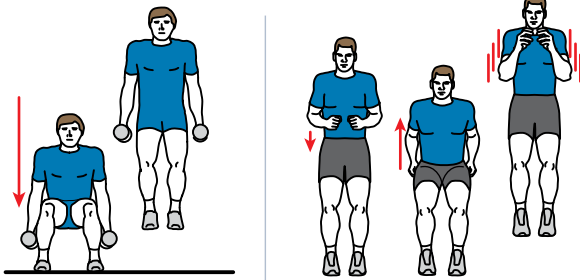
level 3 | PHASE B | DAY 2 | CIRCUIT DESCRIPTION

- + 1. 5-10 minute warm-up (dynamic or cardio).
- 2. Perform 15-20 repetitions per station or do it for time (20-30 seconds). Move to the next station.
- 3. Repeat the circuit 2-4 times.
- 4. Recommended progression: WK 1: 2 sets of 15 reps; WK 2: 2 to 3 sets of 15 reps; WK 3&4: 3 sets of 15 reps; WK 5&6: 3 sets of 20 reps; WK 7&8: 3 to 4 sets of 20 reps.

| DESCRIPTION | DESCRIPTION |
|---|--|
| <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p> | <p>From a standing position, lift the medicine ball over your head. Keeping your abs engaged (tight), use your entire body (legs, trunk and arms) to throw the ball on the floor as hard as you can.</p> <p>MB Slam 15-20 REPS</p> |
| <p>Starting from a back lying position. Both knees are flexed at a 90 degree angle. Lift hips off the floor. Keep abs engaged (tight) and the back straight.</p> <p>Abdominal Reverse Crunch Hands on Floor 15-20 REPS</p> | <p>Assume a push-up position with your hands on dumbbells. Keeping your back straight, abs engaged (tight) and head neutral, perform a push-up and pull one of the dumbbells towards the hip (at the end of the push-up phase). Perform the second rep on the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Dumbbell Renegade Row 15-20 REPS</p> |
| <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO – Skipping Rope 20-30 SEC</p> | <p>Keep your back straight, abs engaged (tight) and head neutral. Take a big step sideways to your right, lowering your body until your thigh is parallel to the ground. Keep your right knee behind your toes and weight focused on the heel of the right leg. Return to start position and repeat with your left leg. Alternate until the prescribed number of reps are completed.</p> <p>Walking Lunges 15-20 REPS</p> |
| <p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with your back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side.</p> <p>Mountain Climber 15-20 REPS</p> | <p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones DO AS MANY AS POSSIBLE IN 20-30 SEC</p> |
| <p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; followed by a vertical jump before returning to the starting position.</p> <p>Burpee 15-20 REPS</p> | <p>Keep your back straight, abs engaged (tight), so that your ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width apart). Press your trunk upward to full elbow extension.</p> <p>Push-up 15-20 REPS</p> |
| <p>In an athletic stance, with feet hip-width apart and head neutral, jump forward with your feet spread wide apart, so that your feet are straddling the first square. Then jump inside the first square with both feet. Repeat throughout the ladder as quickly as possible.</p> <p>Ladder In-Out (Hopscotch) DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p> | <p>Stand next to a bench. Keep your shoulders perpendicular to the bench and feet together. Holding the end of the bench with both hands, jump to one side of the bench. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Side Jump Holding Bench 15-20 REPS</p> |

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

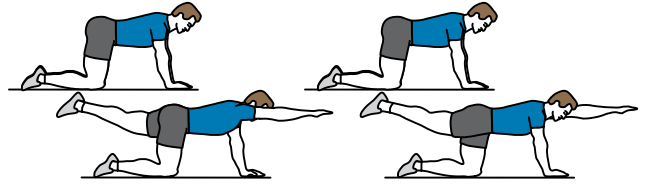
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Jump Squat with Dumbbell

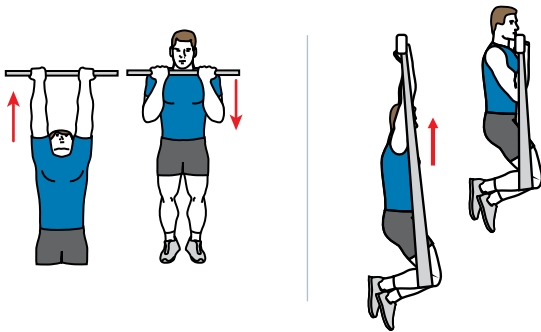
SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



A 2

Bird Dog

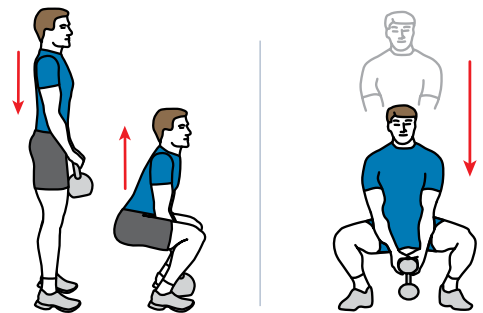
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1



A 3

Medium Grip Chin-up

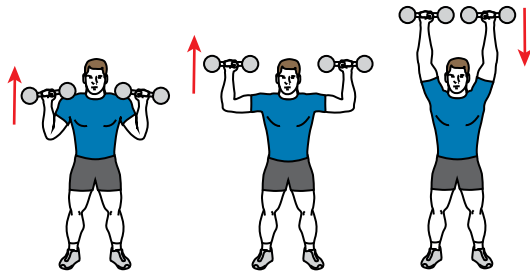
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 60-120



B 1

Sumo Squat

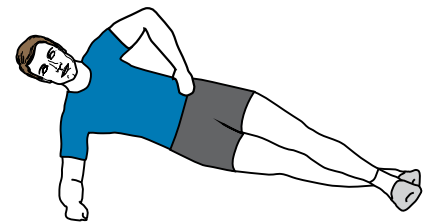
SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1



B 2

Standing Dumbbell Press

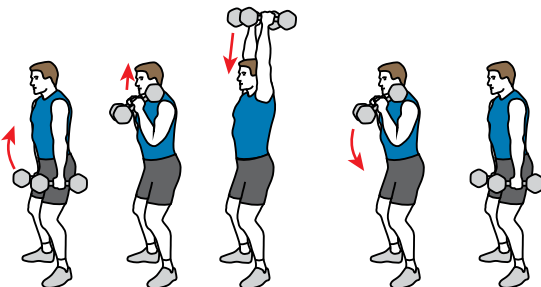
SETS: 2-4 / REPS: 8-10 / TPO: 2-1-1



B 3

Side Plank Split Feet Hand to Hip

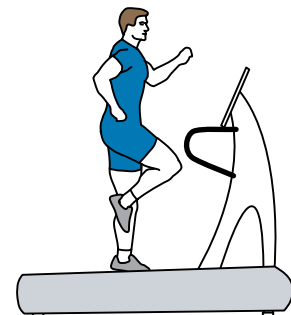
SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC



B 4

Dumbbell Biceps Curl to Shoulder Press

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90



CARDIO

20-30 MINUTES / EFFORT: 7-8/10 RPE

- ✦ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

| | DESCRIPTION | | DESCRIPTION |
|--------|---|--------|--|
| A 1 | <p>Keep your back straight, abs engaged (tight), head neutral and center of gravity over your feet. Jump as high as possible with your legs. Absorb the landing (<i>i.e.</i> softly) by flexing your hips, knees and ankles. There should be no forward or backward movement/travel (<i>i.e.</i> try to land in the same spot).</p> <p>Jump Squat with Dumbbell</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | A 2 | <p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p>Bird Dog</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p> |
| A 3 | <p>Using a suspended bar, pull up your body weight until your chin passes the bar. Hands are placed at shoulder width apart. Use a supinated grip (underhand - palms facing you). Keep abs engaged (tight) and trunk rigid during the exercise.</p> <p>Medium Grip Chin-up</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 60-120</p> | B 1 | <p>Heels are at hip/shoulder width, with toes pointing at “two and ten o’clock position”. Holding a dumbbell with both hands from between your legs, perform the squat (which is a sitting motion) by flexing hips, knees and ankle, ensuring the knees track over the foot. Lower your body until the thighs are parallel with the floor, keeping the back straight, abs engaged (tight), head neutral and chest out.</p> <p>Sumo Squat</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1</p> |
| B 2 | <p>Keep your back straight, abs engaged (tight), head neutral and your knees slightly bent. Keep your feet at hip/shoulder width apart. Keeping your elbows directly under the load, press the dumbbells up to full elbow extension.</p> <p>Standing Dumbbell Press</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 2-1-1</p> | B 3 | <p>Keep your back straight, abs engaged (tight) and head aligned with the spine. The top leg is placed in front of the bottom leg. Lean on your elbow and forearm, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on your hip (or mid-section). Maintain this position for the prescribed amount of time. Repeat with the other side.</p> <p>Side Plank Split Feet Hand to Hip</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC</p> |
| B 4 | <p>Keep your back straight, abs engaged (tight), knees bent and your feet shoulder width apart. Using a neutral/hammer grip (palms inward), perform a biceps hammer curl followed by an overhead shoulder press.</p> <p>Dumbbell Biceps Curl to Shoulder Press</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90</p> | | <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO</p> <p>20-30 MINUTES / EFFORT: 7-8/10 RPE</p> |

PHASE C

DAY 1
DAY 2
DAY 3

WEEKS 17-24

level

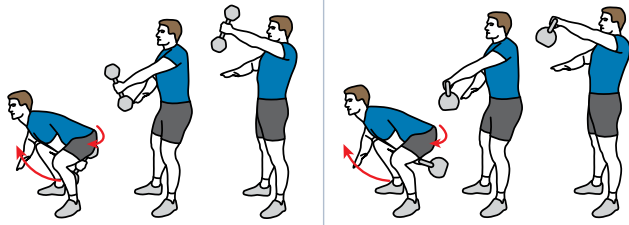
3



3

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

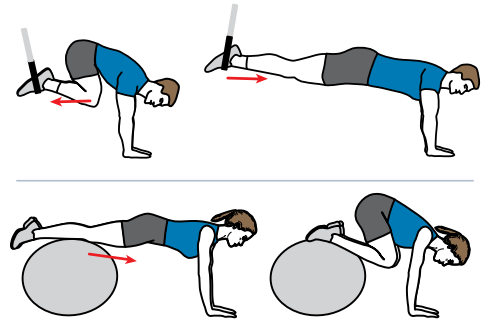
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Dumbbell Swing Two hands

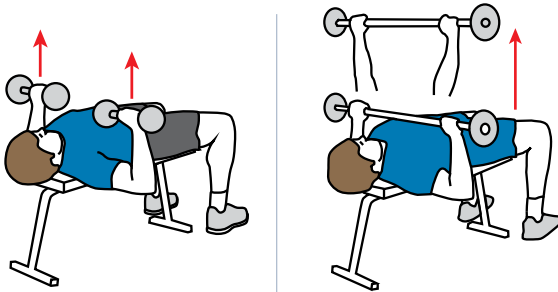
SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



A 2

Tuck Knee Under

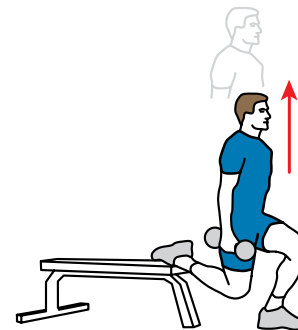
SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



A 3

Dumbbell Bench Press

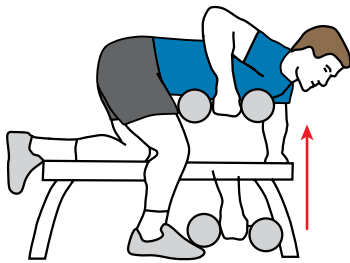
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1 / REST: 60-120



B 1

Dumbbell One Leg Split Squat

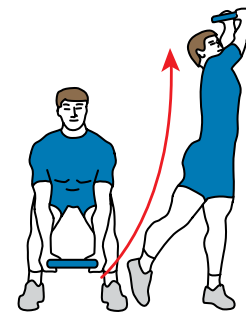
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



B 2

Dumbbell Bent Over Row

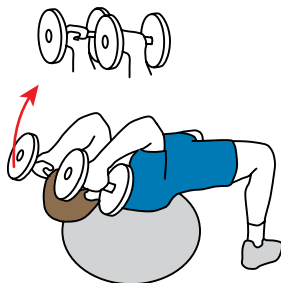
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1



B 3

Diagonal Trunk Elevation with Weight

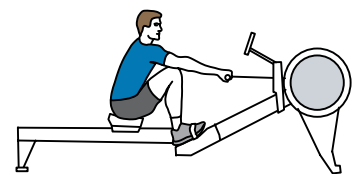
SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1



B 4

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90



CARDIO

SEE DETAILS ON THE BACK

+ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

| DESCRIPTION | | DESCRIPTION | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|---|---------------------------|--|----------------|-------|------------|--------------|----------------|-------|---|-------|------|--------|-------|---|-------|------|--------|-------|---|-------|------|--------|-------|---|-------|------|--------|
| A 1 | <p>Keep your back straight, abs engaged (tight) and head neutral. Holding a dumbbell (or kettlebell) with both hands, start the swing from between your legs. Using your legs and your torso, keeping your arms straight, swing the weight to shoulder height. Allow the dumbbell to return to the initial position in a controlled manner and repeat the exercise.</p> <p>Dumbbell Swing Two hands</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | A 2 | <p>With lower legs (shins) on the ball (or feet in a suspension trainer), assume a prone (push-up) position. Keep your trunk rigid, flex (bend) your knees so that you are bringing your knees towards your chest while keeping your abs fully engaged (tight).</p> <p>Tuck Knee Under</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| A 3 | <p>Keep abs engaged (tight) and your back flat on the bench. Use a closed pronated (overhand) grip. With your arms extended above your shoulders, lower the dumbbells until your elbows reach a 90 degree angle, by keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Dumbbell Bench Press</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1 / REST: 60-120</p> | B 1 | <p>Assume a lunge position and place the top of the left foot on a bench behind you. Perform a squat with the right leg. Keep back straight and vertical and abs engaged (tight). Perform the prescribed number of reps and then repeat with the left leg.</p> <p>Dumbbell One Leg Split Squat</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| B 2 | <p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, place one knee and hand on the bench for support. From an extended arm position, pull the dumbbell towards your trunk by flexing the elbow. Keep the elbow close to your body. Repeat on the other side with other arm.</p> <p>Dumbbell Bent Over Row</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1</p> | B 3 | <p>Keep your back straight, abs engaged (tight) and head neutral. From a squat position, “rock” the load (i.e. plate) from the center of the body to the right and then back to the center transferring your weight and rotating your trunk and turning your shoulders to follow the load. Perform the prescribed number of reps and repeat on the left side.</p> <p>Diagonal Trunk Elevation with Weight</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-1-1</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| B 4 | <p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Swiss Ball</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90</p> | CARDIO PROGRESSION | <p>1. Start with a 5-10 min warm-up (dynamic or cardio).</p> <p>2. Followed by interval work:</p> <table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>1 & 2</td> <td>3</td> <td>60-90</td> <td>9/10</td> <td>90-150</td> </tr> <tr> <td>3 & 4</td> <td>4</td> <td>60-90</td> <td>9/10</td> <td>90-150</td> </tr> <tr> <td>5 & 6</td> <td>5</td> <td>60-90</td> <td>9/10</td> <td>90-150</td> </tr> <tr> <td>7 & 8</td> <td>6</td> <td>60-90</td> <td>9/10</td> <td>90-150</td> </tr> </tbody> </table> <p>3. Finish with a 5 min cool-down.</p> | Week | Reps. | Work (sec) | Effort (RPE) | Recovery (sec) | 1 & 2 | 3 | 60-90 | 9/10 | 90-150 | 3 & 4 | 4 | 60-90 | 9/10 | 90-150 | 5 & 6 | 5 | 60-90 | 9/10 | 90-150 | 7 & 8 | 6 | 60-90 | 9/10 | 90-150 |
| Week | Reps. | Work (sec) | Effort (RPE) | Recovery (sec) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 & 2 | 3 | 60-90 | 9/10 | 90-150 | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 & 4 | 4 | 60-90 | 9/10 | 90-150 | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 & 6 | 5 | 60-90 | 9/10 | 90-150 | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 & 8 | 6 | 60-90 | 9/10 | 90-150 | | | | | | | | | | | | | | | | | | | | | | | | |

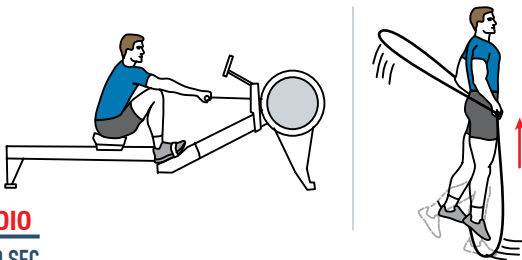
FITNESS +

level

3 PHASE C DAY 2

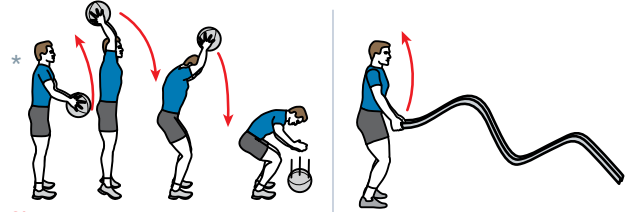
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EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



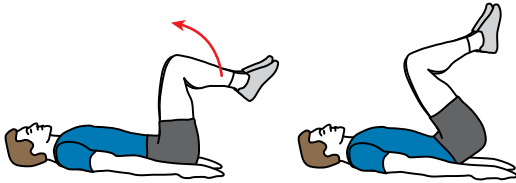
CARDIO
20-30 SEC

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

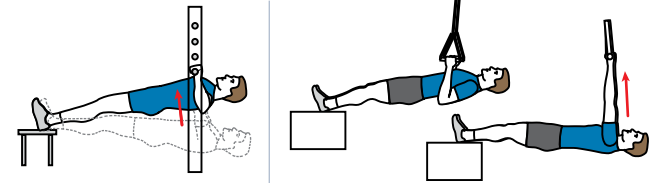


MB Slam
15-20 REPS

* Warning: Injury Risk. Ball may bounce.



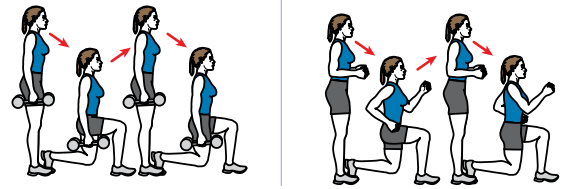
Abdominal Reverse Crunch Hands on Floor
15-20 REPS



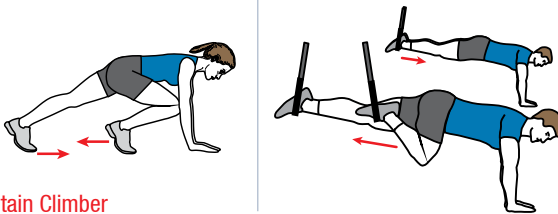
Inverted Row Feet Elevated
15-20 REPS



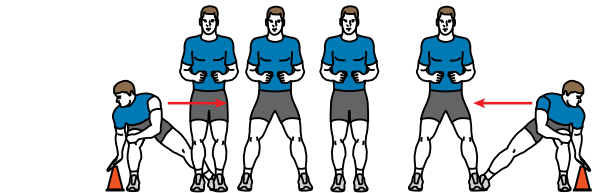
CARDIO – Skipping Rope
20-30 SEC



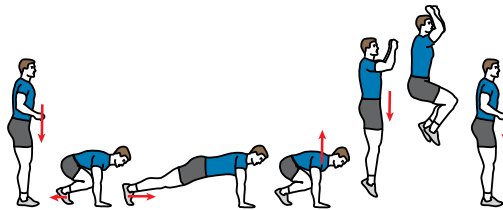
Walking Lunges
15-20 REPS



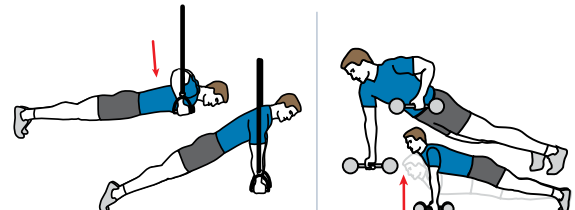
Mountain Climber
15-20 REPS



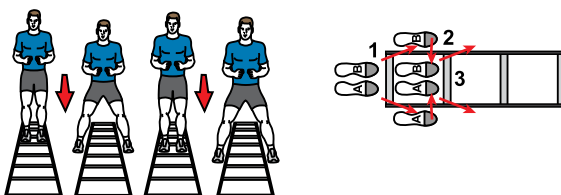
Shuffle Between 2 Cones
DO AS MANY AS POSSIBLE IN 20-30 SEC



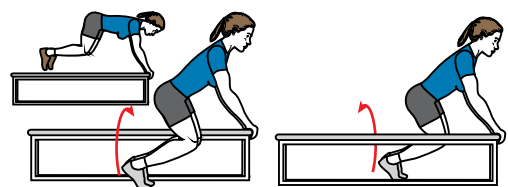
Burpee
15-20 REPS



Push-up
15-20 REPS



Ladder In-Out (Hopscotch)
DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



Side Jump Holding Bench
15-20 REPS

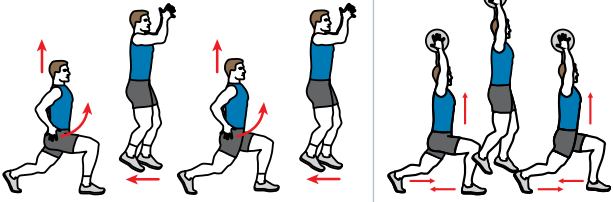
level 3 | PHASE C | DAY 2 | CIRCUIT DESCRIPTION

- + 1. 5-10 minute warm-up (dynamic or cardio).
- 2. Perform 15-20 repetitions per station or do it for time (20-30 seconds). Move to the next station.
- 3. Repeat the circuit 2-4 times.
- 4. Recommended progression: WK 1: 2 sets of 15 reps; WK 2: 2 to 3 sets of 15 reps; WK 3&4: 3 sets of 15 reps; WK 5&6: 3 sets of 20 reps; WK 7&8: 3 to 4 sets of 20 reps.

| DESCRIPTION | DESCRIPTION |
|--|--|
| <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p> | <p>From a standing position, lift the medicine ball over your head. Keeping your abs engaged (tight), use your entire body (legs, trunk and arms) to throw the ball on the floor as hard as you can.</p> <p>MB Slam 15-20 REPS</p> |
| <p>Starting from a back lying position. Both knees are flexed at a 90 degree angle. Lift hips off the floor. Keep abs engaged (tight) and the back straight.</p> <p>Abdominal Reverse Crunch Hands on Floor 15-20 REPS</p> | <p>Assume a push-up position with your hands on dumbbells. Keeping your back straight, abs engaged (tight) and head neutral, perform a push-up and pull one of the dumbbells towards the hip (at the end of the push-up phase). Perform the second rep on the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Dumbbell Renegade Row 15-20 REPS</p> |
| <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO – Skipping Rope 20-30 SEC</p> | <p>Keep your back straight, abs engaged (tight) and head neutral. Take a big step sideways to your right, lowering your body until your thigh is parallel to the ground. Keep your right knee behind your toes and weight focused on the heel of the right leg. Return to start position and repeat with your left leg. Alternate until the prescribed number of reps are completed.</p> <p>Walking Lunges 15-20 REPS</p> |
| <p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with your back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Mountain Climber 15-20 REPS</p> | <p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones DO AS MANY AS POSSIBLE IN 20-30 SEC</p> |
| <p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; followed by a vertical jump before returning to the starting position.</p> <p>Burpee 15-20 REPS</p> | <p>Keep your back straight, abs engaged (tight), so that your ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width apart). Press your trunk upward to full elbow extension.</p> <p>Push-up 15-20 REPS</p> |
| <p>In an athletic stance, with feet hip width apart and head neutral, jump forward with your feet spread wide apart, so that your feet are straddling the first square. Then jump inside the first square with both feet. Repeat throughout the ladder as quickly as possible.</p> <p>Ladder In-Out (Hopscotch) DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p> | <p>Stand next to a bench. Keep your shoulders perpendicular to the bench and feet together. Holding the end of the bench with both hands, jump to one side of the bench. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Side Jump Holding Bench 15-20 REPS</p> |

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

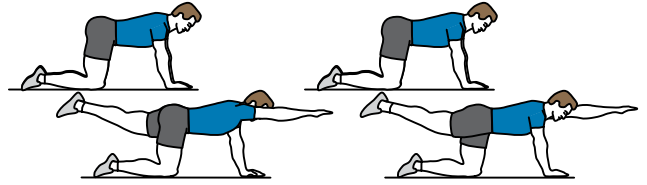
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Power Jumping Lunges

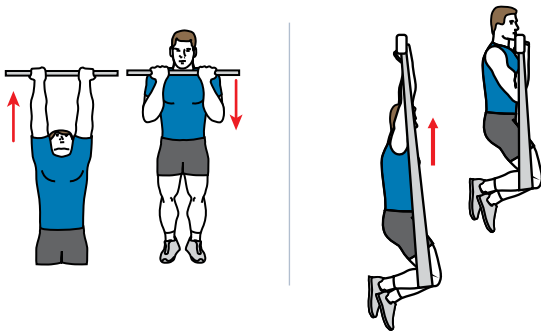
SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X



A 2

Bird Dog

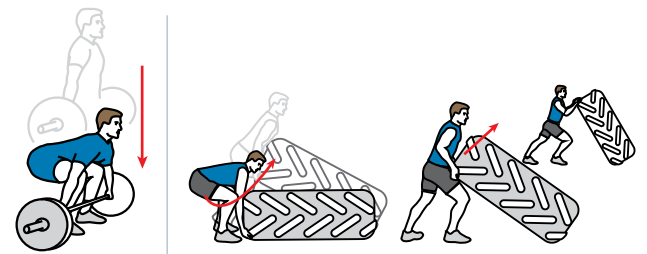
SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1



A 3

Medium Grip Chin-up

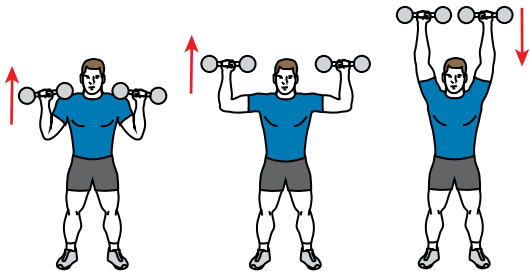
SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1 / REST: 60-120



B 1

Deadlift

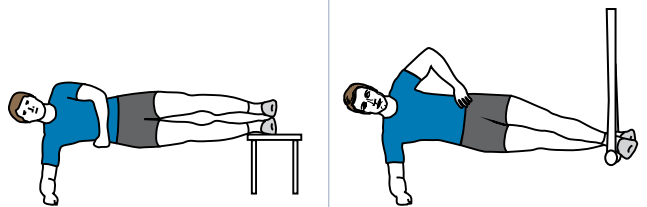
SETS: 2-4 / REPS: 6-8 / TPO: 1-1-1



B 2

Alternating Standing Dumbbell Press

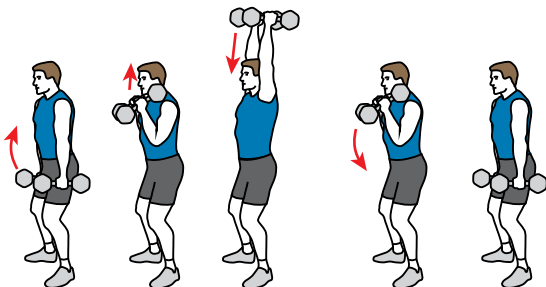
SETS: 2-4 / REPS: 8-10 / TPO: 2-1-X



B 3

Side Plank with Bench

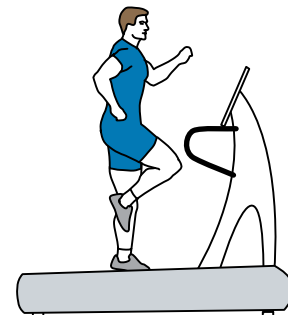
SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC



B 4

Dumbbell Biceps Curl to Shoulder Press

SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90



CARDIO

20-30 MINUTES / EFFORT: 7-8/10 RPE

+ Exercises in this program are grouped in tri-sets (e.g. B1-B3), or quad sets (e.g. A1-A4). The exercises in each group are performed together with little or no rest during the transition. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

| DESCRIPTION | | DESCRIPTION | |
|----------------------|--|--|---|
| A 1 | <p>Keep your back straight, abs engaged (tight) and head neutral. From a lunge position, use both arms to jump upward and alternate leg position on landing. Absorb the landing (<i>i.e.</i> softly) by flexing your hips, knees and ankle. Repeat with the opposite leg. There should be no forward or backward movement/travel (<i>i.e.</i> try to land in same spot).</p> <p>Power Jumping Lunges</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 1-0-X</p> | A 2 | <p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p>Bird Dog</p> <p>SETS: 2-4 / REPS: 10-12 / TPO: 1-1-1</p> |
| A 3 | <p>Using a suspended bar, pull up your body weight until your chin passes the bar. Hands are placed at shoulder width apart. Use a supinated grip (underhand - palms facing you). Keep abs engaged (tight) and trunk rigid during the exercise.</p> <p>Medium Grip Chin-up</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 3-1-1 / REST: 60-120</p> | B 1 | <p>Grab a barbell using a closed pronated (overhand) or closed alternate grip. Grab the bar at wider than shoulder width apart. Keep your back straight, abs engaged (tight) and head neutral. From a squat position, keep the load close to your body and your back rigid, lift the weight until your knees and hips are fully extended.</p> <p>Deadlift</p> <p>SETS: 2-4 / REPS: 6-8 / TPO: 1-1-1</p> |
| B 2 | <p>Keep your back straight, abs engaged (tight) and your feet placed hip/shoulder width apart. Keeping the elbow directly under the load, press one of the dumbbells up to full elbow extension. Repeat on the other side and alternate until you have done the prescribed number of reps.</p> <p>Alternating Standing Dumbbell Press</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 2-1-X</p> | B 3 | <p>Feet are placed on a bench (or a suspension trainer). Keep your back straight, abs engaged (tight) and head aligned with the spine. Lean on your elbow, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on your hip or mid-section. Maintain this position for the prescribed amount of time. Repeat on the other side.</p> <p>Side Plank with Bench</p> <p>SETS: 2-4 / REPS: 1 / TPO: 30-60 SEC</p> |
| B 4 | <p>Keep your back straight, abs engaged (tight), knees bent and your feet shoulder width apart. Using a neutral/hammer grip (palms inward), perform a biceps hammer curl followed by an overhead shoulder press.</p> <p>Dumbbell Biceps Curl to Shoulder Press</p> <p>SETS: 2-4 / REPS: 8-10 / TPO: 3-1-1 / REST: 30-90</p> | <p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO</p> <p>20-30 MINUTES / EFFORT: 7-8/10 RPE</p> | |

STRETCHING

level

3

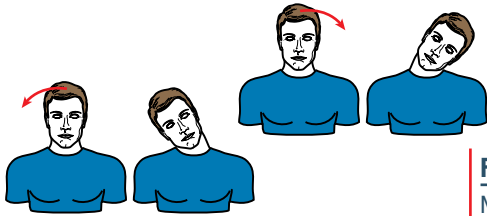
COOL-DOWN AND STRETCHING

All exercise sessions should conclude with a cool-down phase. Cooling down is best accomplished by slowly reducing the intensity of the exercise during the last several minutes of the workout. For example, after running, slow down to a jog or a walk for 5-10 minutes. Follow the cool-down phase with some stretching exercises.

STRETCHING ROUTINE (10 MINUTES)

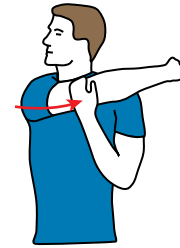
- > stretch each body part 1-2 times;
- > hold each stretch 20-30 seconds;
- > stretch slowly and in control;
- > do not bounce or jerk;
- > go to the point of tension but not pain;
- > breathe normally;
- > avoid stretches that are uncomfortable or that hurt.

EXERCISE

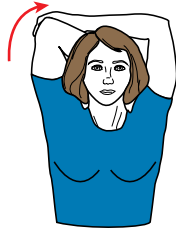


FLEXIBILITY
Neck Range of Motion

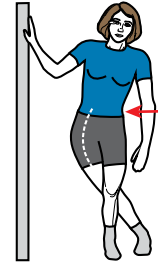
EXERCISE



FLEXIBILITY
Shoulder Stretching



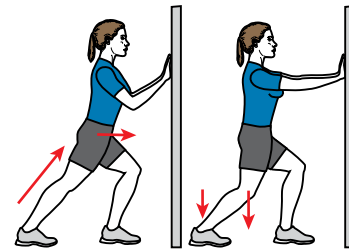
FLEXIBILITY
Shoulder Stretching



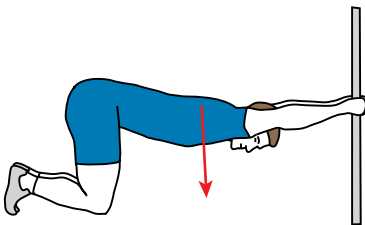
FLEXIBILITY
Thigh Stretching



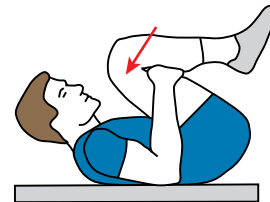
FLEXIBILITY
Quadriceps Stretching



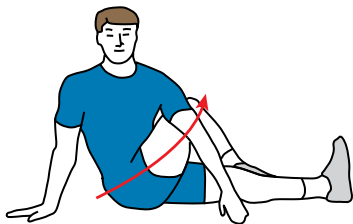
FLEXIBILITY
Calf Stretching
Push on Wall



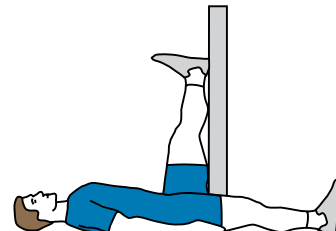
FLEXIBILITY
Shoulders
Chest
Stretching



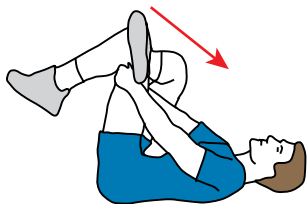
FLEXIBILITY
Back
Stretching



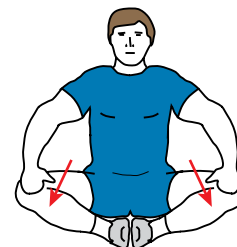
FLEXIBILITY
Thigh
Stretching



FLEXIBILITY
Thigh
Stretching



FLEXIBILITY
Buttocks
Stretching



FLEXIBILITY
Thigh
Stretching



MOVING FORWARD
together