



**FITNESS+**

FUNCTIONAL  
STRENGTH & CONDITIONING  
**PROGRAM**

**1**





**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](http://www.physigraphe.com)

✉ [cdiv.communications@rcmp-grc.gc.ca](mailto:cdiv.communications@rcmp-grc.gc.ca)

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# INTRODUCTION

*level*

1

# level 1

## PROGRAM

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

The Level 1 Program is designed to help condition the person who has not been physically active or has not been regularly meeting Canada's minimum guidelines for physical activity (150 minutes per week). The goal of the Level 1 Program is to ensure that users meet Canada's minimum target of 150 minutes of physical activity per week. In other words, users who follow the Level 1 Program will meet the minimum amount of physical activity to benefit their health.

If your primary goal is weight loss, we recommend that you follow this program and supplement it with additional lifestyle activities such as taking the stairs, playing with your kids, parking further away from the office so that you may walk and/or engaging in recreational sports/activities on weekends or weekdays. The Level 1 Program, combined with additional lifestyle activities and sound nutritional habits, will assist you in reaching your weight loss goals.

## PROGRAM ENTRY CRITERIA

Prior to starting the Level 1 Program, you should ensure that:

- > you are in good health;
- > you have no current injury or duty restrictions; and
- > you have not answered “yes” to any of the questions on the PAR-Q+ (see Appendix 2 - User Guide).

If you have answered yes to any of the questions on the PAR-Q+, please discuss your suitability to start the program with your DFLA or a fitness expert.

## PROGRAM EXIT CRITERIA

Prior to exiting the Level 1 Program, you must be able to accomplish the following:

1. sustain a continuous effort of moderate intensity (5-6/10 RPE) cardiovascular exercise for 30 minutes;
2. complete the required number of push-ups in the Level 1 category for your age group as outlined in Table 1-1; and
3. perform a squat and lunge unloaded (*i.e.* own body weight) with good form.

Table 1-1 Push-up Exit Criteria for Level 1 and Entry for Level 2 (CPAFLA<sup>1</sup>)

AGE	20-29	30-39	40-49	50-59	60-69
LEVEL 1 M (FROM TOES)	29-35	22-29	17-24	13-20	>21
LEVEL 1 F (FROM KNEES)	21-29	20-26	15-23	15-23	12-16

M = Male F = Female

*Once you have successfully met these parameters, you may progress onto the Level 2 Program or continue using this level.*

## EQUIPMENT REQUIREMENT

ONLY A MINIMUM AMOUNT OF EQUIPMENT AND SPACE IS REQUIRED FOR THE LEVEL 1 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

<sup>1</sup> CSEP, Canadian Physical Activity, *Fitness and Lifestyle Approach* (CPAFLA), 3rd Edition, December 2004.

## FORMAT

The program is structured such that you are exercising three times per week, on alternate days. For example, you may choose to exercise on Mon-Wed-Fri or perhaps on Tues-Thurs-Sat. Each workout contains a warm-up, strength and conditioning exercises and flexibility. In addition, the program is set up in two phases, each lasting eight weeks. Therefore, the entire program contains six different training workouts (*i.e.* 3 different workouts for phase one and 3 for phase two). The approximate time requirement for each workout is shown below:

WORKOUT DAY 1 AND 3	
Traditional/ Dynamic Warm-up	5-10 min
Cardiovascular Conditioning	20-30 min
Strength	20 min
Flexibility	10 min

WORKOUT DAY 2	
Traditional/ Dynamic Warm-up	5-10 min
Circuit	10-30 min
Flexibility	10 min

## PROGRAM PHASES

Level 1 consists of two phases (see: Table 1-2). Each phase requires that you exercise three times per week on alternate days (*e.g.* Mon-Wed-Fri). Workout days 1 and 3 are structured training and Workout day 2 is circuit training. The structured workout consists of groupings of exercises that are performed one after the other followed by a rest period. The circuit workout consists of exercises that are performed one after another for one round.

Table 1-2 Level 1 Weekly Training and Loading Progression

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>PHASE A</b>	<b>W1</b>		<b>W2</b>		<b>W3</b>		
WEEK 1	1 set	—	1 set	—	1 set	—	—
WEEK 2	1-2 sets	—	1-2 sets	—	1-2 sets	—	—
WEEK 3	2-3 sets	—	2-3 sets	—	2-3 sets	—	—
WEEK 4-8	3 sets	—	3 sets	—	3 sets	—	—
<b>PHASE B</b>	<b>W1</b>		<b>W2</b>		<b>W3</b>		
WEEK 9	1 set	—	1 set	—	1 set	—	—
WEEK 10	1-2 sets	—	1-2 sets	—	1-2 sets	—	—
WEEK 11	2-3 sets	—	2-3 sets	—	2-3 sets	—	—
WEEK 12-16	3 sets	—	3 sets	—	3 sets	—	—

W1 = Workout Day #1

## IMPORTANT CONCEPTS

### WARM-UP, PROGRESSIVE LOADING, EXERCISE INTENSITY AND TEMPO

In order to achieve the desired goals of the Level 1 Program (*i.e.* to improve your current health and functional ability), 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 a general warm-up or dynamic warm-up, 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!**

## 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 1-2 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 1-3 for more information on RPE.

Table 1-3 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 injuries<sup>2</sup>:

- > **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).**

<sup>2</sup> Frounfelter, G. 2009. Watch Your Biomechanics, *NSCA Performance Performance Training Journal* 8(5): 8–9.



# DYNAMIC WARM-UP

*level*

1

# 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.

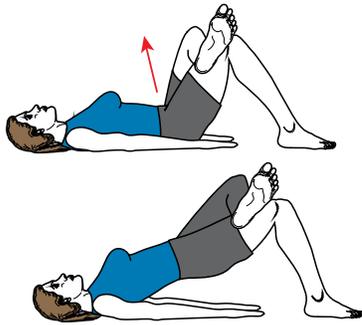
In the context of the Functional Strength & Conditioning Program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups that will be used during that workout, or it might suggest a more traditional, progressive warm-up.

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)

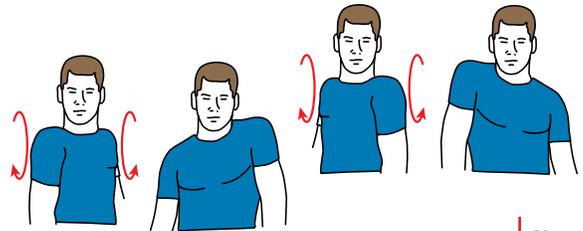
- > Perform 5-6 repetitions of each exercise.
- > Perform each exercise under control.
- > Intensity increases as you progress through the dynamic warm-up routine.

EXERCISE

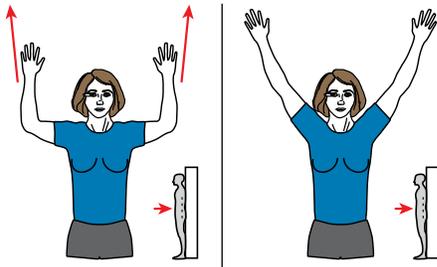


One Foot Hip Raise

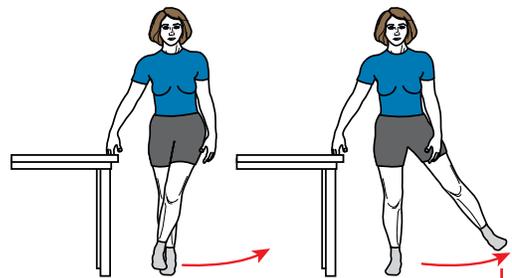
EXERCISE



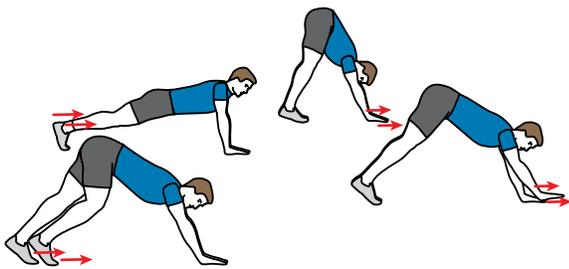
Alternated Shoulder Rotation



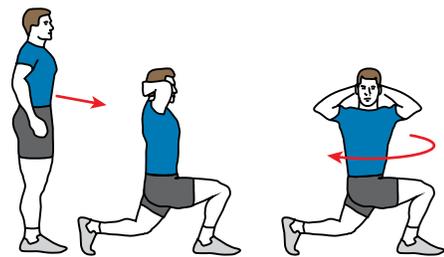
Flexibility / Shoulders Chest Stretching



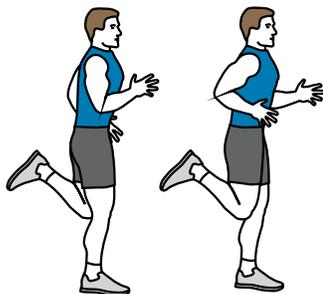
Flexibility / Hip Range of Motion



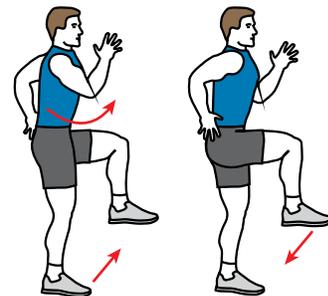
Caterpillar



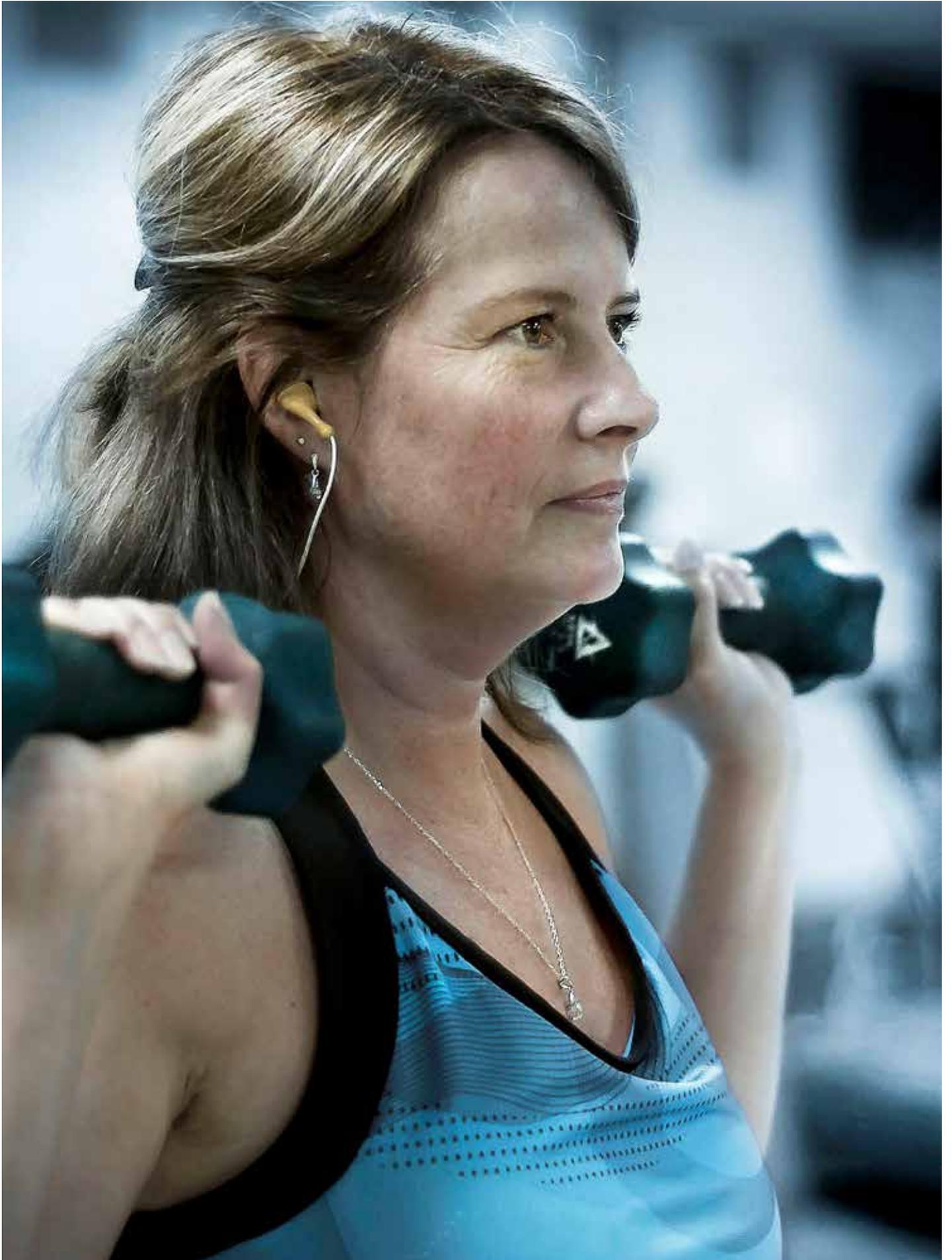
Combo Forward Lunge And Trunk Rotation



Warm-up / Kick-back



High Knees on Spot



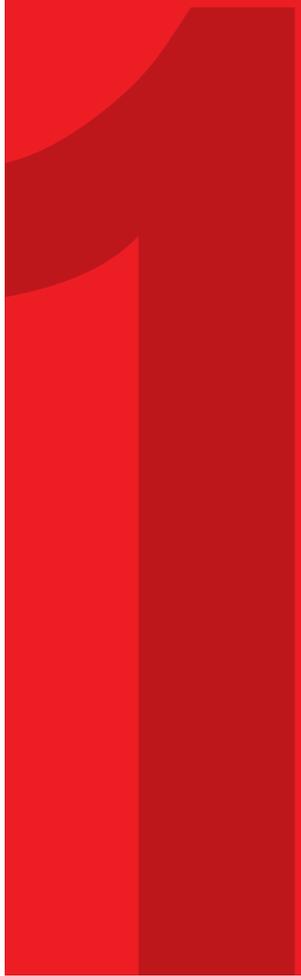
# PHASE A

DAY 1  
DAY 2  
DAY 3

WEEKS 1-8

*level*

1



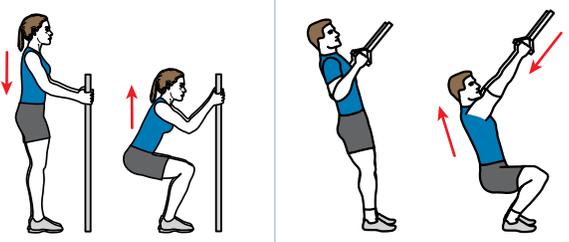
SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

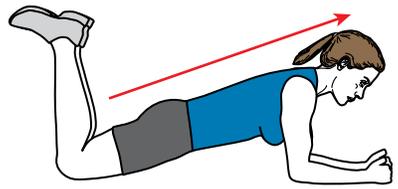


**CARDIO**  
20-30 MINUTES / EFFORT: 6-7/10 RPE

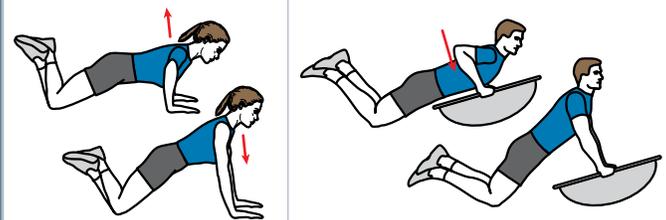
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



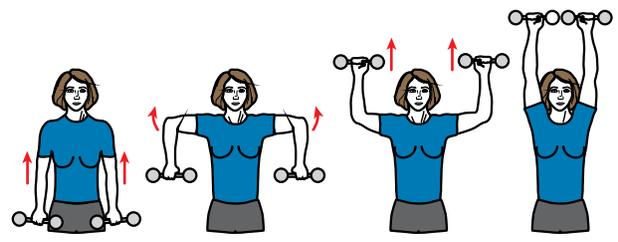
**A 1** **Free Squat with Support**  
SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1



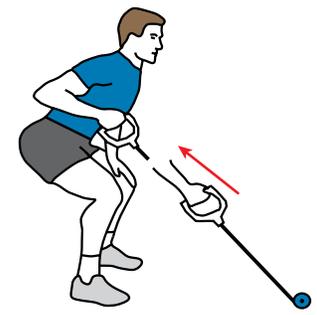
**A 2** **Front Plank on Knees**  
SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90



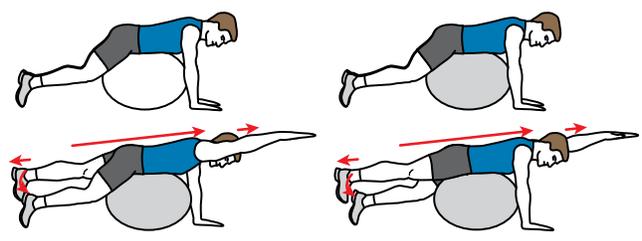
**B 1** **Push-up on Knees**  
SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1



**B 2** **Combo External Rotator Dumbbell Press**  
SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90



**C 1** **Cable One Arm Bent Over Row**  
SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1



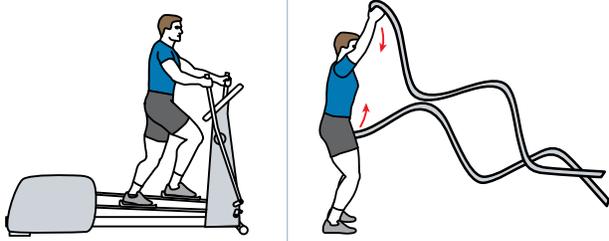
**C 2** **Exercise Ball Superman**  
SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90

- ✦ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. 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	
	<p>Type: Cardiovascular equipment of your choice.</p> <p><b>CARDIO</b></p> <p>20-30 MINUTES / EFFORT: 6-7/10 RPE</p>	A 1	<p>Heels are at hip/shoulder width apart with your toes pointing at “two and ten o'clock position”. Using a stick, a chair, a suspension trainer, or any support for balance, perform the squat (which is a sitting motion), keeping your back straight, abs engaged (tight), head neutral and chest out.</p> <p><b>Free Squat with Support</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</p>
A 2	<p>From a prone position, knees and elbows on the floor, keep the 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><b>Front Plank on Knees</b></p> <p>SETS: 1-3 / REPS: 1 / TPO: 30-60 / SEC REST: 30-90</p>	B 1	<p>Keep your back straight, abs engaged (tight), so that your knees, hips, shoulders and head are aligned. Use a medium hand placement (i.e. shoulder width). Press your trunk upward to full elbow extension.</p> <p><b>Push-up on Knees</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</p>
B 2	<p>Keep your back straight, abs engaged (tight) and your knees slightly bent. Use a pronated grip (overhand grip) and keep your elbows and upper arm/trunk angle at 90 degrees during the rotation. Press the dumbbells upward until your arms are straight.</p> <p><b>Combo External Rotator Dumbbell Press</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p>	C 1	<p>Keep your back straight, head neutral, abs engaged (tight). Start with your right hand. Grab the handle and pull the cable towards your trunk, keeping your elbow close to your trunk. Perform the number of prescribed reps, then switch hands and repeat with the left side.</p> <p><b>Cable One Arm Bent Over Row</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</p>
C 2	<p>Assume a prone position on the ball, with your hands and knees on ground. Keep your back straight, abs engaged (tight). 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><b>Exercise Ball Superman</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p>		

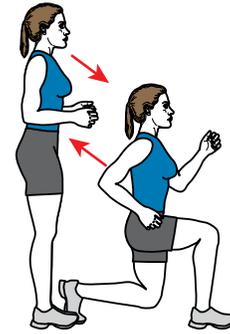
SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

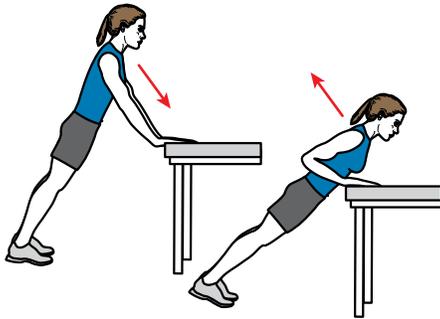


**1** **CARDIO**  
20-30 SEC

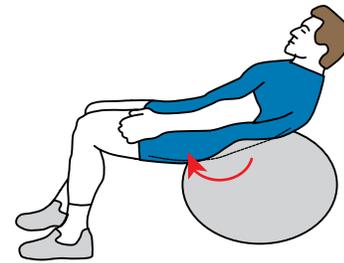
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



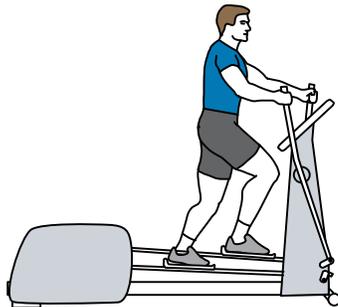
**2** **Lunge**  
10-20 REPS



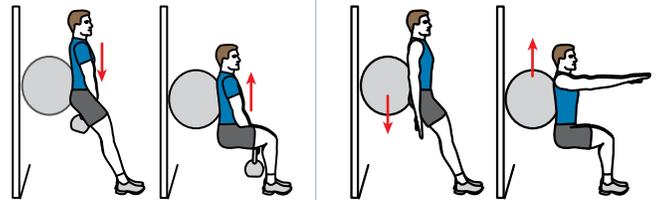
**3** **45 Degree Push-Up**  
10-12 REPS



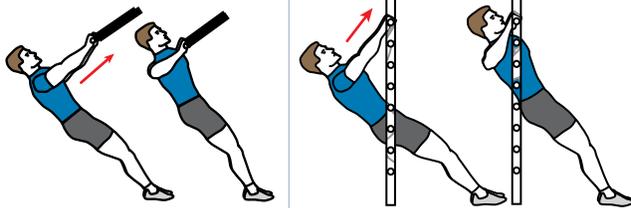
**4** **Abdominal Crunch on Exercise Ball**  
10-12 REPS



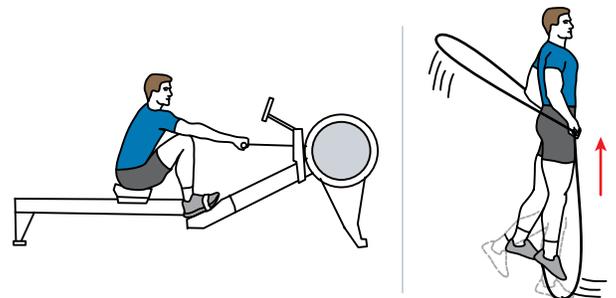
**5** **CARDIO**  
20-30 SEC



**6** **Wall Squat Exercise Ball**  
10-12 REPS



**7** **45 Degree Inverted Row**  
10-12 REPS



**8** **CARDIO**  
20-30 SEC

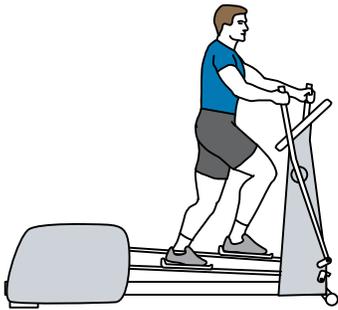
# level 1 | PHASE A | DAY 2 | CIRCUIT DESCRIPTION

- + 1. Start with 5-10 minute warm-up (dynamic or cardio).
2. Perform 10-12 repetitions per station or do it for time (20-30 seconds). Move to the next station.
3. Repeat the circuit 1-3 times.
4. Recommended progression: WK 1&2: 1 set of 10-12 reps; WK 3&4: 2 sets of 10-12 reps; WK 5&6: 2 to 3 sets of 10-12 reps; WK 7&8: 3 sets of 10-12 reps.

DESCRIPTION		DESCRIPTION	
1	<p>Type: Cardiovascular equipment of your choice.</p> <p><b>CARDIO</b> 20-30 SEC</p>	2	<p>Keep your back straight, abs engaged (tight) and head neutral. Take a step forward with your right leg, keeping the front 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. Return to the starting position. Perform the second rep with the left leg and alternate until the prescribed number of reps are completed.</p> <p><b>Lunge</b> 10-20 REPS</p>
3	<p>Keep your back straight, abs tight (engaged), so that ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (i.e. shoulder width) on a bench so that your body forms a 45 degree angle with floor. Press your trunk upward to full elbow extension.</p> <p><b>45 Degree Push-Up</b> 10-12 REPS</p>	4	<p>Keep your abs engaged (tight) and head neutral, lift your trunk so that your upper back is off the ball. DO NOT pull on your head with your hands to perform the movement.</p> <p><b>Abdominal Crunch on Exercise Ball</b> 10-12 REPS</p>
5	<p>Type: Cardiovascular equipment of your choice.</p> <p><b>CARDIO</b> 20-30 SEC</p>	6	<p>Keep your back straight, abs engaged (tight) and head neutral. Place your feet further out from your hips, at about hip/shoulder width apart. Squat down (lower yourself) to form a 90 degree angle at the knee and hip.</p> <p><b>Wall Squat Exercise Ball</b> 10-12 REPS</p>
7	<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><b>45 Degree Inverted Row</b> 10-12 REPS</p>	8	<p>Type: Cardiovascular equipment of your choice.</p> <p><b>CARDIO</b> 20-30 SEC</p>

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

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



### CARDIO

20-30 MINUTES / EFFORT: 6-7/10 RPE

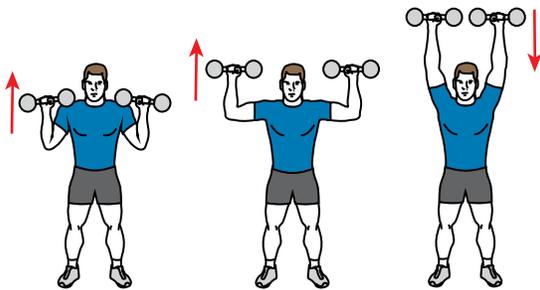
A 1



### Hip Elevation

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

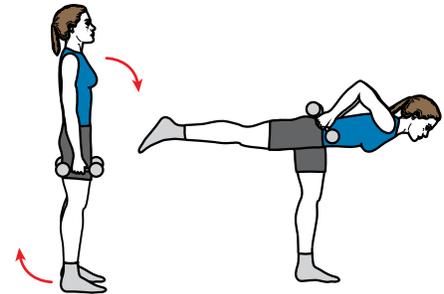
A 2



### Standing Dumbbell Press

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

B 1



### Airplane Dumbbell Row to Hip

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

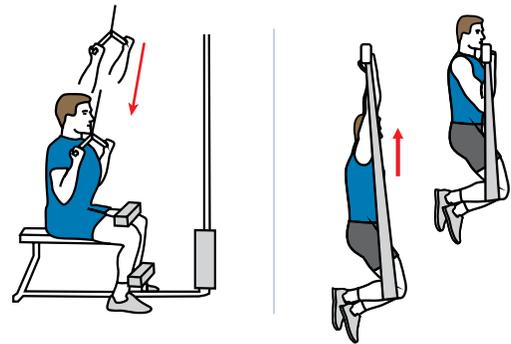
B 2



### Side Plank Knees Bent

SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90

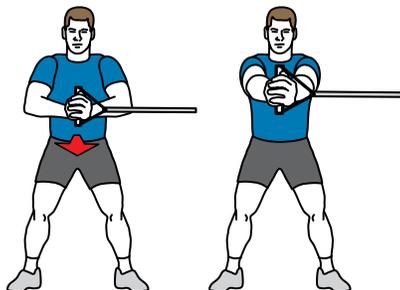
C 1



### Cable Lat Pull Down Supinated Grip

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

C 2



### Standing Rubber Band Arm Push

SETS: 1-3 / REPS: 5 / TPO: 1-5-1 / REST: 30-90

- ✦ Exercises in this program are grouped in pairs (e.g. A1-A2). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. 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
	Type: Cardiovascular equipment of your choice.  <b>CARDIO</b> <u>20-30 MINUTES / EFFORT: 6-7/10 RPE</u>	A 1	Starting from a supine position. Both knees are flexed at a 90 degree angle. Lift hips off the floor. Keep abs engaged (tight) and the back straight.  <b>Hip Elevation</b> <u>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</u>
A 2	Keep your back straight, abs engaged (tight), head neutral and knees slightly bent. Keep feet at hip/shoulder width. Keeping the elbows directly under the load, press the dumbbells up to full elbow extension.  <b>Standing Dumbbell Press</b> <u>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</u>	B 1	Use 2 light dumbbells. Keep your back straight and abs engaged (tight). Use a neutral (hammer) grip. Maintaining slight knee flexion, slowly bend forward and extend your back hip. From an extended arm position, pull the weight towards your hip, by flexing your elbow. Keep your arm close to you. Perform the second rep on the opposite side.  <b>Airplane Dumbbell Row to Hip</b> <u>SETS: 1-3 / REPS: 10-12 / TPO: 1-1-1</u>
B 2	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 other side.  <b>Side Plank Knees Bent</b> <u>SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</u>	C 1	Keep your back straight and abs engaged (tight). Hands are placed at approximately shoulder width apart. Use a supinated grip (i.e. underhand grip, palms facing you). Pull the bar towards your upper chest.  <b>Cable Lat Pull Down Supinated Grip</b> <u>SETS: 1-3 / REPS: 10-12 / TPO: 3-1-1</u>
C 2	Keep your back straight, abs engaged (tight) and head neutral. Stand in a position in which the resistance (band or cable) is perpendicular (i.e. right angle) to the arms. With tension on the band or cable, extend your arms forward until your elbows are fully extended, keeping your arms parallel to ground. Return to the starting position. Repeat on the other side (i.e. face the other way).  <b>Standing Rubber Band Arm Push</b> <u>SETS: 1-3 / REPS: 5 / TPO: 1-5-1 / REST: 30-90</u>		

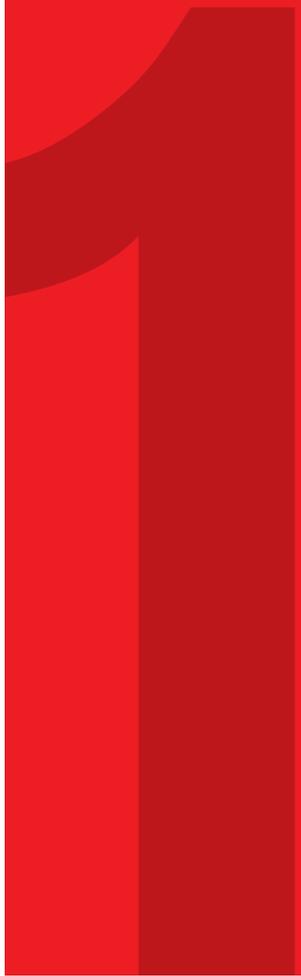
# PHASE B

DAY 1  
DAY 2  
DAY 3

WEEKS 9-16

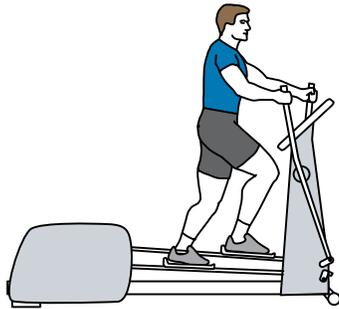
*level*

1



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

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



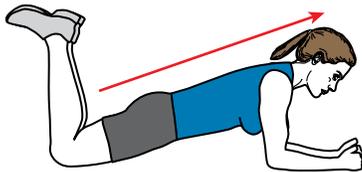
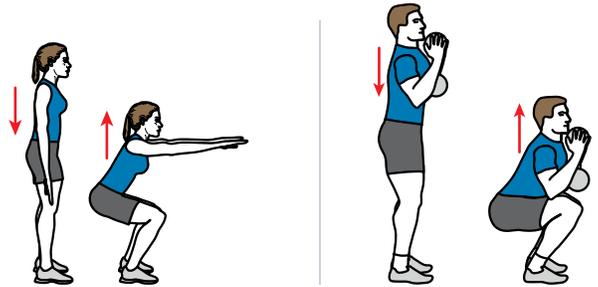
### CARDIO

20-30 MINUTES / EFFORT: 6-7/10 RPE

A 1

### Free Squat

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



A 2

### Front Plank on Knees

SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90

B 1

### Cable One Arm Bent Over Row

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



B 2

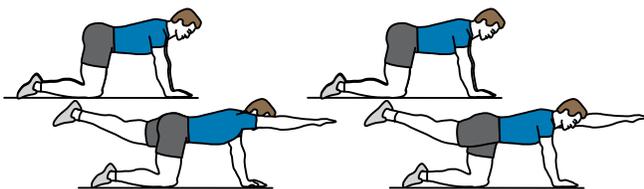
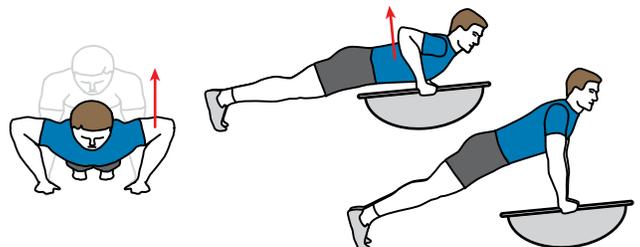
### Kneeling Reverse Chop

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

C 1

### Push-up

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



C 2

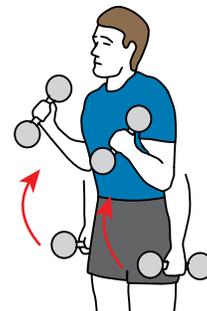
### Bird Dog

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

C 3

### Biceps Dumbbell Curl Neutral Grip (optional)

SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60



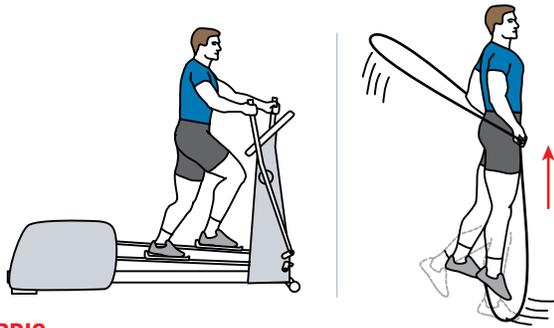
- ✦ Exercises in this program are grouped in pairs (e.g. A1-A2) or trisets (e.g. B1-B3). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated 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	
	<p>Type: Cardiovascular equipment of your choice.</p> <p><b>CARDIO</b></p> <p>20-30 MINUTES / EFFORT: 6-7/10 RPE</p>	A 1	<p>Heels are at hip/shoulder width apart with your toes pointing at “two and ten o'clock position”. 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><b>Free Squat</b></p> <p>SETS: 1-3 / REPS.: 10-12 / TPO: 2-1-1</p>
A 2	<p>From a prone position, knees and elbows on the floor, keep the 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><b>Front Plank on Knees</b></p> <p>SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</p>	B 1	<p>Keep your back straight, head neutral, abs engaged (tight). Start with your right hand. Grab the handle and pull the cable towards your trunk, keeping your elbow close to your trunk. Perform the number of prescribed reps, then switch hands and repeat with the left side.</p> <p><b>Cable One Arm Bent Over Row</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</p>
B 2	<p>Low to high cable trunk rotation in a kneeling position, with weight stack (or resistance band anchored) to your right and right knee on the floor. Keep your abs engaged (tight), back straight and elbows extended (straight arms). Rotate your trunk and pull cable upward and diagonally towards your left knee. Return to the start position and perform all the reps, then switch sides.</p> <p><b>Kneeling Reverse Chop</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 1-2-1 / REST: 30-90</p>	C 1	<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.e. shoulder width apart). Press your trunk upward to full elbow extension.</p> <p><b>Push-up</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</p>
C 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><b>Bird Dog</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 1-1-1 / REST: 30-90</p>	C 3	<p>Keep your back straight, abs engaged (tight) and knees bent. Use a neutral (hammer) grip. Curl the dumbbell towards your shoulders, by flexing your elbow.</p> <p><b>Biceps Dumbbell Curl Neutral Grip (optional)</b></p> <p>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60</p>

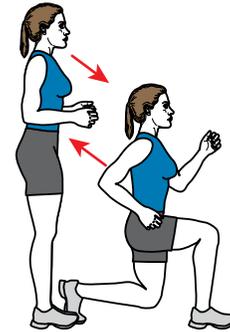
SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

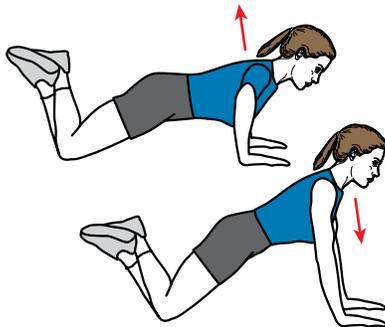
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



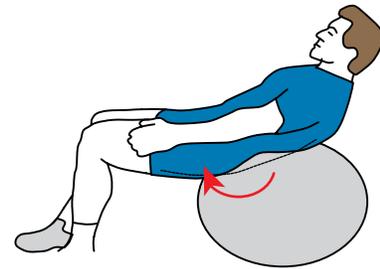
**1** **CARDIO**  
20-30 SEC



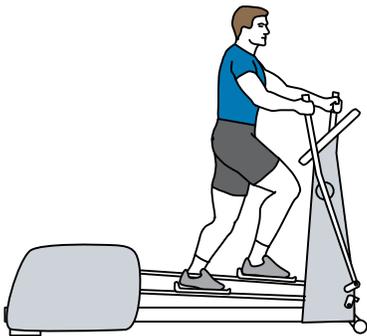
**2** **Lunge**  
10-20 REPS



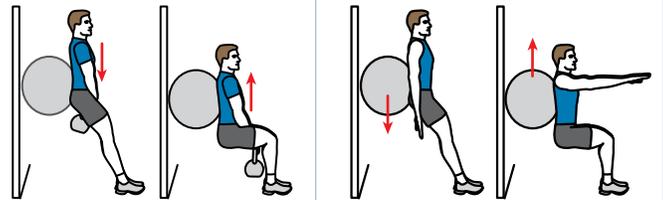
**3** **Push-up on Knees**  
10-12 REPS



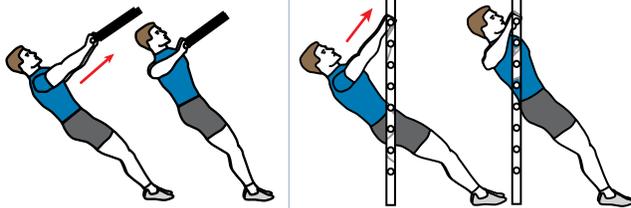
**4** **Abdominal Crunch on Exercise Ball**  
10-12 REPS



**5** **CARDIO**  
20-30 SEC



**6** **Wall Squat Exercise Ball**  
10-12 REPS



**7** **45 Degree Inverted Row**  
10-12 REPS



**8** **CARDIO**  
20-30 SEC

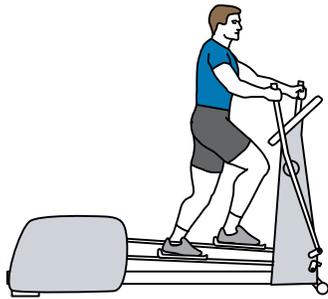
# level 1 | PHASE B | DAY 2 | CIRCUIT DESCRIPTION

- + 1. Start with 5-10 minute warm-up (dynamic or cardio).
2. Perform 10-12 repetitions per station or do it for time (20-30 seconds). Move to the next station.
3. Repeat the circuit 1-3 times.
4. Recommended progression: WK 1&2: 1 set of 10-12 reps; WK 3&4: 2 sets of 10-12 reps; WK 5&6: 2 to 3 sets of 10-12 reps; WK 7&8: 3 sets of 10-12 reps.

DESCRIPTION		DESCRIPTION	
<p>Type: Cardiovascular equipment of your choice.</p> <p><b>1</b> <u>CARDIO</u> 20-30 SEC</p>		<p>Keep your back straight, abs engaged (tight) and head neutral. Take a step forward with your right leg, keeping the front 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. Return to the starting position. Perform the second rep with the left leg and alternate until the prescribed number of reps are completed.</p> <p><b>2</b> <u>Lunge</u> 10-20 REPS</p>	
<p>Keep your back straight, abs engaged (tight), so that your knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width). Press your trunk upward to full elbow extension.</p> <p><b>3</b> <u>Push-up on Knees</u> 10-12 REPS</p>		<p>Keep your abs engaged (tight) and head neutral, lift your trunk so that your upper back is off the ball. DO NOT pull on your head with your hands to perform the movement.</p> <p><b>4</b> <u>Abdominal Crunch on Exercise Ball</u> 10-12 REPS</p>	
<p>Type: Cardiovascular equipment of your choice.</p> <p><b>5</b> <u>CARDIO</u> 20-30 SEC</p>		<p>Keep your back straight, abs engaged (tight) and head neutral. Place your feet further out from your hips, at about hip/shoulder width apart. Squat down (lower yourself) to form a 90 degree angle at the knee and hip.</p> <p><b>6</b> <u>Wall Squat Exercise Ball</u> 10-12 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><b>7</b> <u>45 Degree Inverted Row</u> 10-12 REPS</p>		<p>Type: Cardiovascular equipment of your choice.</p> <p><b>8</b> <u>CARDIO</u> 20-30 SEC</p>	

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

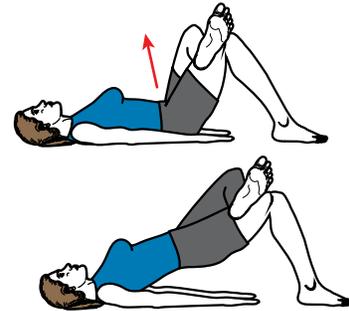
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



### CARDIO

20-30 MINUTES / EFFORT: 6-7/10 RPE

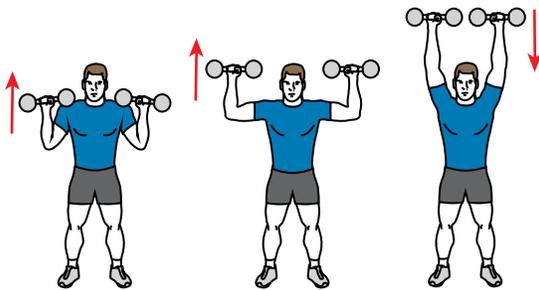
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

### One Foot Hip Raise

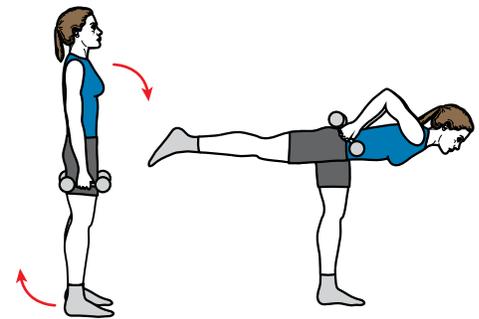
SETS: 1-3 / REPS: 10-12 / TPO: 1-1-1



A 2

### Standing Dumbbell Press

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



B 1

### Airplane Dumbbell Row to Hip

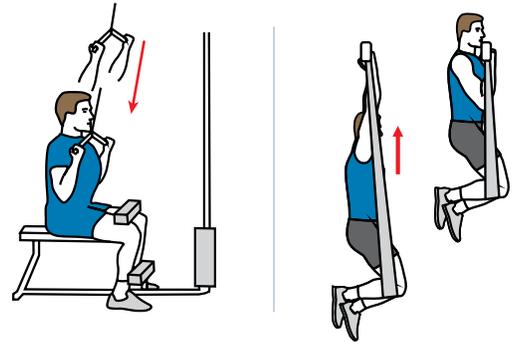
SETS: 1-3 / REPS: 10-12 / TPO: 1-1-1



B 2

### Side Plank Knees Bent

SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90



C 1

### Cable Lat Pull Down Supinated Grip

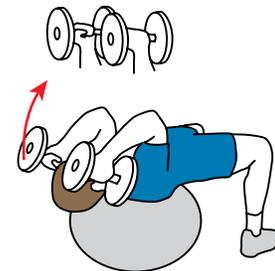
SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1



C 2

### Kneeling Chop

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



C 3

### Dumbbell Triceps Extension on Exercise Ball (optional)

SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60

+ Exercises in this program are grouped in pairs (e.g. A1-A2) or trisets (e.g. B1-B3). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. 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	
	<p>Type: Cardiovascular equipment of your choice.</p> <p><b>CARDIO</b></p> <p><b>20-30 MINUTES / EFFORT: 6-7/10 RPE</b></p>	A 1	<p>Starting from a supine position. Right knee is flexed at a 90 degree angle and your foot is placed on the floor. The left leg is straight and not supported. Lift your hips off the floor, pushing through the right foot. Keep your abs engaged (tight) and your back straight. Perform the prescribed number of reps. Repeat with the left leg.</p> <p><b>One Foot Hip Raise</b></p> <p><b>SETS: 1-3 / REPS: 10-12 / TPO: 1-1-1</b></p>
A 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><b>Standing Dumbbell Press</b></p> <p><b>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</b></p>	B 1	<p>Use 2 light dumbbells. Keep your back straight and abs engaged (tight). Use a neutral (hammer) grip. Maintaining slight knee flexion, slowly bend forward and extend your back hip. From an extended arm position, pull the weight towards your hip, by flexing your elbow. Keep your arm close to you. Perform the second rep on the opposite side.</p> <p><b>Airplane Dumbbell Row to Hip</b></p> <p><b>SETS: 1-3 / REPS: 10-12 / TPO: 1-1-1</b></p>
B 2	<p>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 other side.</p> <p><b>Side Plank Knees Bent</b></p> <p><b>SETS: 1-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</b></p>	C 1	<p>Keep your back straight and abs engaged (tight). Hands are placed at approximately shoulder width apart. Use a supinated grip (i.e. underhand grip, palms facing you). Pull the bar towards your upper chest.</p> <p><b>Cable Lat Pull Down Supinated Grip</b></p> <p><b>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1</b></p>
C 2	<p>High to low cable trunk rotation in a kneeling position with the weight stack (or resistance band anchored) to your right and left knee on the floor. Keep your abs engaged (tight), back straight and elbows extended (straight arms). Rotate trunk and pull cable towards your left hip and knee. Return to the start position and perform all the reps, then switch sides.</p> <p><b>Kneeling Chop</b></p> <p><b>SETS: 1-3 / REPS: 10-12 / TPO: 1-2-1 / REST: 30-90</b></p>	C 3	<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><b>Dumbbell Triceps Extension on Exercise Ball (optional)</b></p> <p><b>SETS: 1-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60</b></p>

# STRETCHING

*level*

1

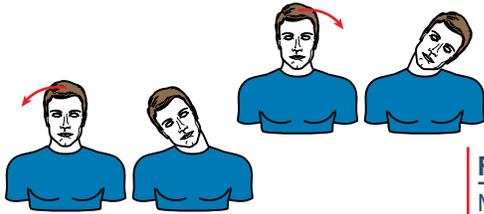
# COOL-DOWN AND STRETCHING

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)

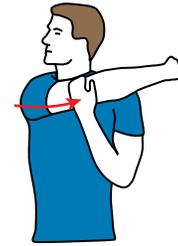
- > stretch each body part 1-2 times;
- > hold each stretch 20-30 seconds;
- > stretch slowly and in control;
- > do not bounce or jerk;
- > go to the point of tension but not pain;
- > breathe normally;
- > avoid stretches that are uncomfortable or that hurt.

EXERCISE



**FLEXIBILITY**  
Neck Range of Motion

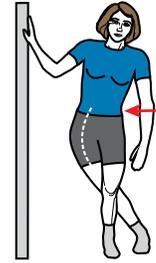
EXERCISE



**FLEXIBILITY**  
Shoulder Stretching



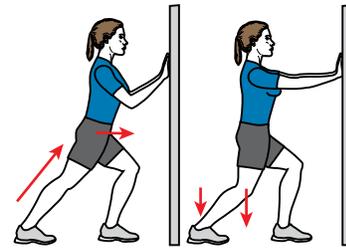
**FLEXIBILITY**  
Shoulder Stretching



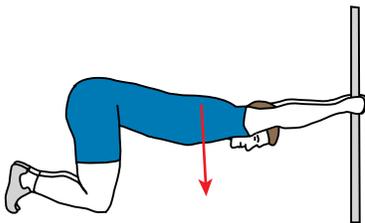
**FLEXIBILITY**  
Thigh Stretching



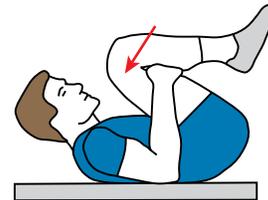
**FLEXIBILITY**  
Quadriceps Stretching



**FLEXIBILITY**  
Calf Stretching  
Push on Wall



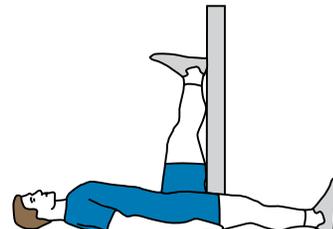
**FLEXIBILITY**  
Shoulders  
Chest  
Stretching



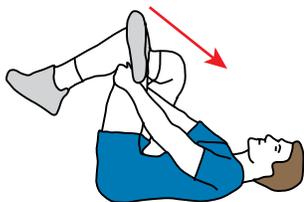
**FLEXIBILITY**  
Back  
Stretching



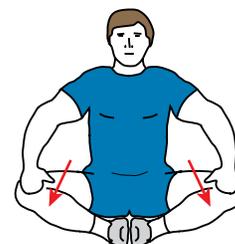
**FLEXIBILITY**  
Thigh  
Stretching



**FLEXIBILITY**  
Thigh  
Stretching



**FLEXIBILITY**  
Buttocks  
Stretching



**FLEXIBILITY**  
Thigh  
Stretching



**MOVING FORWARD**  
*together*