



WORKOUT SCHEDULE

Choose a workout track (beginner, intermediate or advanced) based on your overall fitness test results, current state of health and fitness goals.

Beginners perform all 10 exercises for 30 seconds each at or near maximum ability followed by 15 seconds of rest between each exercise to complete one circuit. Complete 2 circuits, with 2 minutes rest between circuits. Increase to Intermediate level workout after week 2 and increase to Advanced level workout after week 4.

Intermediate perform all 10 exercises for 45 seconds each at or near maximum ability followed by 15 seconds of rest between each exercise to complete one circuit. Complete 3 circuits, with 2 minutes rest between circuits. Increase to Advanced level workout after week 2.

Advanced perform all 10 exercises for 60 seconds each at or near maximum ability followed by 15 seconds of rest after each exercise to complete one circuit. Complete 3 circuits, with 2 minutes rest between circuits.

Each group should work to progressively increase the load (weight) and number of reps completed in each circuit. Modified Versions of the exercise are listed in parentheses when available. If you need to rest for a few seconds during an exercise this is okay. When you are just starting some people find it beneficial to perform difficult exercises in sets of five or 10.

Free days are intended for you to choose any physical activity you enjoy. This can be any form of exercise, yoga, participate in a sport, walking, rollerblading, or just about anything else that provides 30 to 60 minutes of physical activity.

Flexibility has been built in to your workout schedule so you can find a track that works best for you. Choose your favorite workout or physical activity. Participating in cardio high-intensity interval training for two of the free days each week will accelerate your body transformation.

Upon completion of the 12-week exercise program, you may start from the beginning following the same workout schedule or create your own custom routine based on the 12 workouts.



WORKOUT SCHEDULE


FOUNDATION

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	#1	Free	#2	Free	#1	Free/Rest	Rest
Week 2	#2	Free	#1	Free	#2	Free/Rest	Rest

CONDITIONING

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 3	#3	Free	#4	Free	#3	Free/Rest	Rest
Week 4	#4	Free	#3	Free	#4	Free/Rest	Rest

TRANSFORMATION

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 5	#5	Free	#6	Free	#5	Free/Rest	Rest
Week 6	#6	Free	#5	Free	#6	Free/Rest	Rest
Week 7	#7	Free	#8	Free	#7	Free/Rest	Rest
Week 8	#8	Free	#7	Free	#8	Free/Rest	Rest
Week 9	#9	Free	#10	Free	#9	Free/Rest	Rest
Week 10	#10	Free	#9	Free	#10	Free/Rest	Rest
Week 11	#11	Free	#12	Free	#11	Free/Rest	Rest
Week 12	#12	Free	#11	Free	#12	Free/Rest	Rest



WORKOUT #1

- 1) Kettlebell Swings (Dumbbell Swings)
- 2) Pushups (Modified Pushup)
- 3) Dumbbell Thrusters (Prisoner Squats)
- 4) Bicycle Crunches (Raised Leg Crunches)
- 5) Alternating Front Lunge (No Modified)
- 6) Stability Ball Double Dumbbell Press (Single Dumbbell Floor Press)
- 7) Plank Abduction (Plank on Knees)
- 8) Kettlebell/Dumbbell Goblet Squats (Crossed Arm Squats)
- 9) Jumping Jacks (Modified Jumping Jacks, One Leg at a time)
- 10) Oblique Twists on Stability Ball (Oblique Twists)

WORKOUT #2

- 1) Kettlebell Side Swings (Dumbbell Side Swings)
- 2) Pike Push Ups (Modified Pushups)
- 3) Sprawls (Half Sprawls)
- 4) Russian Twist with Dumbbell (Russian Twist with Legs on Floor)
- 5) Reverse Lunge (No Modified)
- 6) Double Dumbbell Clean and Press (Single Dumbbell Clean and Press)
- 7) Stability Ball Crunches (No Modified)
- 8) Squat with Front Kick (Squat with Side Leg Raise)
- 9) High Knees (Knee to Hand Raise)
- 10) Glute Bridge (No Modified)



WORKOUT #3

- 1) Kettlebell Leg Pass Through (No Modified)
- 2) Stability Ball Incline Pushups (Modified Pushups)
- 3) Burpees no Pushup (Burpees to Knee Pushup Position and Stand up)
- 4) Single Leg V-ups (Single Leg V-ups With Back on Ground)
- 5) Ski Jump Squats (Hindu Squats)
- 6) Alternating Dumbbell Shoulder Press (Single Dumbbell Shoulder Press)
- 7) Plank to Pushup (Plank to Pushup on Knees)
- 8) Crossback Lunge (Crossback Lunge not as deep)
- 9) Mountain Climbers (Plank with Alternate Knee to Chest)
- 10) Pointer Dog (No Modified)

WORKOUT #4

- 1) Two Arm Kettlebell Swings with High Pulls (No Modified)
- 2) Pushup Jacks (Modified Pushups)
- 3) Sprinter Pulls (Alternate High Knee Raises)
- 4) Spread Eagle Sit Ups (Sit Ups)
- 5) Double Dumbbell Squat and Press (Single Dumbbell Squat and Press)
- 6) Stability Ball Dumbbell Fly (No Modified)
- 7) Stability Ball Leg Curls (Stability Ball Leg Curls Back Completely on Floor)
- 8) Warrior Side Lunge (Warrior Forward Lunge)
- 9) Wide Leg Runs (Wide Leg Knee Raises)
- 10) Plank Single Leg Raise (Plank or Plank on Knees)



WORKOUT #5

- 1) Alternate Single Arm Kettlebell Swings (Kettlebell Swings)
- 2) Swoop Pushups (Modified Pushups)
- 3) Reverse Burpees (No Modified)
- 4) Threading the Needle Side Planks (Side Plank)
- 5) Squat with Knee Raise (Prisoner Squat)
- 6) Stability Ball Dumbbell Press (Stability Ball Single Dumbbell Press)
- 7) Plank Jacks (Plank Single Alternating Leg Spread Out)
- 8) Saddlebag Slimmers (No Modified)
- 9) Tadpole to Frog (Tadpole to Frog, Walking Legs up to Arms)
- 10) Marching on Stability Ball Glute Bridge (No Modified)

WORKOUT #6

- 1) Alternating Single Arm Kettlebell Overhead Swing (Kettlebell Swings)
- 2) Pushups Single Leg Raise (Modified Push Ups)
- 3) Alternating Kettlebell Diagonal Lift (Alternating Diagonal Lift without Kettlebell)
- 4) Abs in and Outs (Knee to Chest then Extend Legs)
- 5) Frog Squat (Frog Squat without Touching Floor)
- 6) Stability Ball Triceps Dips (Triceps Dips without Stability Ball)
- 7) Stability Ball Plank (Plank)
- 8) Alternating Pulse Lunges (Alternating Front Lunges)
- 9) Toe Taps on a Kettlebell (No Modified)
- 10) Superman/woman over Stability Ball (Modified Superman/woman Over Stability Ball, Arms Behind)



WORKOUT #7

- 1) Kettlebell Squat and Upright Row (Goblet Squat)
- 2) Diamond Pushups (Modified Diamond Pushups on Knees)
- 3) Rotating Sprawl (Plank Side to Side Hop)
- 4) Stability Ball Leg Raises (Leg Raises)
- 5) Standing Calf Raises (No modified)
- 6) Double Dumbbell Deadlift and Curl (Single Dumbbell Two-hand Grip Deadlift and Curl)
- 7) Pike Roll Out on Stability Ball (Pike to Plank)
- 8) Reverse Lunge and Knee Raise (Reverse Lunge)
- 9) Run Around Kettlebell (No Modified)
- 10) Table Makers (No Modified)

WORKOUT #8

- 1) Walking Forward and Backward Kettlebell Swings (Kettlebell Swings)
- 2) Pushup Knee to Elbow (Modified Pushup Knee to Elbow)
- 3) Alternating Side Leg Circles (No Modified)
- 4) V-ups (Modified V-ups With Back on Ground)
- 5) Squat to Alternating Front to Rear Lunge (Squat-Front Lunges-Squat-Rear Lunge)
- 6) Cross Body Single Arm Dumbbell Clean and Press (Cross Body Two Hand Dumbbell Clean and Press)
- 7) Stability Ball Knee Tucks (Plank to Pike)
- 8) Alternating Glute Activation Lunges (Forward Lunge)
- 9) Speed Skaters (Lateral Step Back Side to Side)
- 10) Flutter Kicks (No modified)



WORKOUT #9

- 1) Wide Leg Double Dumbbell Deadlift and Upright Row (Single Dumbbell Deadlift and Upright Row)
- 2) Pushup with Alternating Renegade Rows (Modified Pushups with Renegade Rows)
- 3) Donkey Kicks (Table with Alternating Front Kicks)
- 4) Abs Spring Ups (Legs Straight Abs Spring Ups)
- 5) Kettlebell Weighted Standing Calf Raises (Standing Calf Raises)
- 6) Kettlebell Pullovers (Kettlebell Press)
- 7) Stability Ball Alternating Oblique Crunches (Oblique Crunches)
- 8) Alternate Side Lunge with Dumbbell Press Out (Alternate Side Lunge)
- 9) Up and Out Jacks (Modified Jumping Jacks, One Leg at a Time)
- 10) Shoulder Bridge with One Leg Raised (Glute Bridge)

WORKOUT #10

- 1) Man Makers (Burpee with Pushup)
- 2) T Pushups (Modified Push Up With Single Arm Raise)
- 3) Mountain Climber Sprawls (Mountain Climbers)
- 4) Plank Knee to Elbow (Plank)
- 5) Inverted Flyers (Posterior Leg Raises on Hands and Knees)
- 6) Dumbbell Bent Over Rows (Single Dumbbell Both Hands Grip Bent Over Row)
- 7) Windshield Wipers (Russian Twist)
- 8) Alternating Front Lunge with Twist (Front Lunge)
- 9) High Kicks (No Modified)
- 10) Reverse plank (No Modified)



WORKOUT #11

- 1) Inchworms Forward and Back (No Modified)
- 2) Stability Ball Push Up (Modified Pushups or Midsection on Ball Pushups)
- 3) Renegade Rows (Modified Pushup Position Renegade Rows)
- 4) Bicycle Crunches (Raised Leg Crunches)
- 5) Squat to Side Warrior Lunge (Deep Squats)
- 6) Kettlebell Pass-Pass-Pass-Press (Pass-Pass-Pass-Press without Kettlebell)
- 7) Stability Ball Abs Pass (Back on Floor and Pass Ball Back and Forth)
- 8) Side Lunge with Floor Touch (Warrior Side Lunge)
- 9) Alternate Rear Kicks (No Modified)
- 10) Side Plank with Oblique Crunch (Oblique Crunch)

WORKOUT #12

- 1) Push Jerks with Kettlebell (Push Jerks, No Weights)
- 2) Negative Pushups on Dumbbells (Modified Pushups)
- 3) Weighted Standing Calf Raises (Standing Calf Raises)
- 4) Stability Ball Roll Outs (No Modified)
- 5) Front to Rear Lunges (Front or Rear Lunges)
- 6) Dive Bombers (Modified Pushups Position Dive Bombers)
- 7) Heal Touch (No Modified)
- 8) Figure Eight Flutter Kicks (Figure Eight Flutter Kicks Smaller Circles)
- 9) Lateral Hops (Side to Side Shuffles)
- 10) Stability Ball Alternate Shoulder Press (Standing Alternate Shoulder Press)