

Phase V: Undulating Intervals

Coaching Overview

- Refer to the COACHING CUES CHEAT SHEET for the exact verbal cues to properly coach each exercise
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****It's important to note: The REGRESSIONS are even more important than the PROGRESSIONS to find the exact level that each client needs to be at. Your task is to use this cheat IN the workout and place each client in the right level.**

The 3-week system we use is simple and yet allows clients to constantly get better to avoid any plateaus in the fitness journey.

Week 1	Intro Week <i>Introduce the workouts; become familiar with the exercises; initial week to determine the right exercise progression and load; Find the right training base</i>
Week 2	Base Week <i>Perform the workout at the appropriate base that allows you to complete the workout but challenges you in the process.</i>
Week 3	Challenge Week <i>"Go for it" week; Strive to outperform your past results, try something you have never done, and set a new personal record for the workout.</i>

PHASE V: Undulating Intervals

Program Overview

Workout A: 20–40 Beast Circuit	Workout B: 40–20 Warrior Circuit	Workout C: The Mad Minute
TRX Rows/Chin-ups Variation	TRX Burpee Variation	TRX Complex: Climbers/Side Plank L/R
Surfer Burpees Variation	Standing Band Row Variation	Med Ball Complex: Split Jacks/ Cowboy Jacks/ Curl Jacks
DKB Sumo Deadlift Variation	Weighted Bridge Variation	Bodyweight Complex: Stationary Running/Skater Jumps/Jump Squats
Band Hammer Curls Variation	KB Goblet Split Squats Variation	Kettlebell Complex: 1-Arm Swing L/R/2-Arm Swing
Skater Jumps Variation	Jump Rope Variation	Band Complex: Overhead Press/Front Squat/ Hammer Curls

WORKOUT A

20-40 Beast Circuit: 20 seconds of work and 40 seconds of rest for each exercise in the circuit. Perform four rounds for 20 minutes.

#	Exercise Variation	Alternatives	Level I	Level II	Level III
1	TRX Rows/Chin-up Variation		TRX Low Row	TRX Horizontal Row	Band Assisted to Bodyweight Chin-ups
2	Surfer Burpees Variation		Standing Surfers	Surfer Burpees	Add Push-up
3	Band Hammer Curl Variation		Decrease Band Resistance	Hammer Curls	Increase Band Resistance
4	DKB Sumo Deadlift		Bodyweight	DKB Sumo Deadlift	Increase Weight
5	Skater Jumps Variation	MB Slams	Stepping Skaters	Skater Jumps	Increase Height

WORKOUT B

Workout B- 40-20 Warrior Circuit: Alternate between 40 seconds of work and 20 seconds of rest for 5 consecutive rounds. Perform 4 total cycles for a 20-minute workout.

#	Exercise Variation		Level I	Level II	Level III
1	TRX Burpee Variation		TRX Suspended RDL	TRX 2-Leg Burpee	TRX 2-Leg Burpee Progressions
2	Standing Band Row Variation		Decreases Resistance	Band Row	Increase Resistance
3	Weighted Bridge Variation		Bodyweight Bridge	Weighted Bridge	Weighted 1-Leg Bridge
4	KB Goblet Squats Variation	Box Squat Or TRX Assisted	Prayer Squat	Goblet Squat	Increase Loading
5	Jump Rope Variation	Long Jump, Hop Back	Air Jump Rope on 2 Legs	Air Jump Rope on Alternating Legs	Air Jump Rope on 1-Leg

WORKOUT C

Workout C: THE MAD MINUTE- 3-Exercise Succession Complex:

Perform 20 seconds of work and 0 seconds of rest for 3 consecutive rounds followed by a 1-minute transition period. Perform up to 10 total cycles for a 20-minute workout.

#	Exercise Variation	Alternatives	Level I	Level II	Level III
	TRX Complex: Climbers/Side Plank L/ R Variation		Bodyweight Push-up Hold/ Side Plank L/R	TRX Push-up Hold/Assisted Side Plank L/R	TRX Climber/ Side Plank Reach L/R
2	Med Ball Complex: Cowboy Jacks/Split Jacks/Curl Jacks		Cowboy Stepping Jacks/Over The Line/Stepping Curls	MB Cowboy/ Split Jacks/Curl Jacks	Increase Speed and/or Loading
3	Bodyweight Complex: Stationary Running/ Skater Jumps/Jump Squats Variation		Stationary March/Stepping Skaters/Squats	Stationary Jogging/Skater Jumps/Drop Squats	High Knee Sprinting/ Jumping Skaters/Jump Squats
	Kettlebell Complex: Swings 1-Arm L/R/ 2- Arm Variation		KB 1-Arm Sumo Deadlift/ L/R/2-Arm	KB Swings 1- Arm/L/R/2-Arm	Increase Loading
	Band Complex: Overhead Press/Front Squats/Curls Variation	TRX Chest Press/Squats/ Curls	Decrease Resistance	Overhead Press/ Front Squat/ Curls	Increase Resistance