

Weeks 1-4					
Strength Workout A					
#	Exercise	Sets	Reps	Set Rest	Transition Rest
1	Deadlift	3	6	120 sec	
2	Barbell Front Lunge	2 to 3	6 to 8	90 sec	
3a	Incline Dumbbell Press	3	6 to 8	60 sec	
3b	Bent Dumbbell Row	3	6 to 8	60 sec	
4a	Swiss Ball Crunch	3	10	60 sec	
4b	Incline Dumbbell Curl	3	10	60 sec	

Weeks 1-4					
Strength Workout B					
#	Exercise	Sets	Reps	Set Rest	Transition Rest
1	Squat	3	6	120 sec	
2	DB Step Up	2 to 3	6 to 8	90 sec	
3a	Dumbbell Military Press (semi-supinated grip)	3	6 to 8	60 sec	
3b	Close Grip Chins	3	6 to 8	60 sec	
4a	Prone Jackknife (feet on stability ball)	3	10	60 sec	
4b	Triceps Press down	3	10	60 sec	

Weeks 1-2

TRX Metabolic Workout A

#	Exercise	Sets	Reps / Time	Set Rest	Transition Rest
1	Single Leg Squat (assisted)	Week 1 - 3 Week 2 - 4	30 sec each side	3 min	40 sec
2	Atomic Pushup		30 sec		40 sec
3	Low Row		30 sec		40 sec
4	Balance Lunge		30 sec each side		40 sec
5	Side Plank		30 sec		0 sec

Weeks 1-2

TRX Metabolic Workout B

#	Exercise	Sets	Reps / Time	Set Rest	Transition Rest
1	Swimmer's Start (tempo)	Week 1 - 3 Week 2 - 4	30 sec each side	3 min	40 sec
2	Deep Chest Press (slow speed)		30 sec		40 sec
3	Single Arm Row (slow speed)		30 sec each side		40 sec
4	Suspended Lunge (with hands touch down)		30 sec each side		40 sec
5	Suspended Pendulum		30 sec		0 sec