



FOUNDATIONS. | Training Schedule

OVERVIEW

With every training program, there are a couple of key factors to remember:

1. **Avoiding injury.** To avoid an injury, make sure you can comfortably CONTROL each exercise. The weight can be heavy, but you want to squeeze your core and only move the limbs required for each movement. The proper form is essential. If you don't know what an exercise is, go to YouTube and look how to do it properly.
2. **Discipline.** Stick to the workout. Don't cheat yourself. Your goal is to become the best version of yourself. Every rep matters.
3. **Put in the work.** You get in what you put out. You want results? They're waiting for you. It's on the other side of the work you put in. You don't need motivation. You wouldn't be reading this if you did. Trust the process. It will work. And you're more than capable of achieving the weight loss you want.. See it in your mind. And put in the work. One rep, one set, one workout at a time.
4. **Diet.** Training needs to be followed up with proper eating. Your body needs a combination of proteins, healthy fats, and a few other essentials to ensure maximum recovery of the muscle. You should have your macros already. If you don't, go back to step 1 of the framework then come back to the workout.
5. **Intuitive Nourishment.** Your body will always tell you what it needs. Be sure to listen to it.

SHRED. - DAY 1

Leg Day

WARM-UP

- Stairmaster: 15 minutes. If you don't have a stairmaster, then get on a treadmill and jog at an incline for 10 minutes.
- Knee hugs: 1 minute
- Spiderman stretch: 1 minute each leg
- Cossack stretch: 1 minute each leg
- Glute bridge: 1 minute each leg

WORKOUT

A Smith Machine Squat

- 12 reps
- 10 reps - add up to 25 lbs total
- 8 reps - add up to 25 lbs total

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

B Lying Leg Curl (or seated leg curl) | B1 Squat Jump

- 12 reps | 12 reps for squat jump
- 10 reps - add up to 25lbs total | 12 reps for squat jump
- 8 reps add up to 25lbs total | 12 reps for squat jump

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

C Dumbbell Reverse Lunge (or seated leg curl) | C1 Dumbbell Bulgarian Split Squats

- 12 reps | 12 reps
- 10 reps - add up to 25lbs total | 12 reps | add up to 5lbs total
- 8 reps add up to 25lbs total | 12 reps add up to 5lbs total

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat. If you need to use something to balance yourself, you can. Make sure you're comfortable before performing this movement.

SHRED. Day - 2

PUSH DAY

WARM-UP

- Stairmaster: 15 minutes. If you don't have a stairmaster, then get on a treadmill and jog at an incline for 10 minutes.
- Banded or Dumbbell Internal Rotation - use a 3 or 5 lb dumbbell
- Banded or Dumbbell External Rotation - use a 3 or 5 lb dumbbell
- Walkout with shoulder taps - keep your hips as still as possible. Don't rock back and forth.

WORKOUT

A Smith Machine Squat

- 12 reps
- 10 reps - add up to 25 lbs total
- 8 reps - add up to 25 lbs total

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

B Lying Leg Curl (or seated leg curl) | B1 Squat Jump

- 12 reps | 12 reps for squat jump
- 10 reps - add up to 25lbs total | 12 reps for squat jump
- 8 reps add up to 25lbs total | 12 reps for squat jump

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

C Dumbbell Reverse Lunge (or seated leg curl) | C1 Dumbbell Bulgarian Split Squats

- 12 reps | 12 reps
- 10 reps - add up to 25lbs total | 12 reps | add up to 5lbs total
- 8 reps add up to 25lbs total | 12 reps add up to 5lbs total

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat. If you need to use something to balance yourself, you can. Make sure you're comfortable before performing this movement.

SHRED. Day - 3

PUSH DAY

WARM-UP

- Stairmaster: 15 minutes. If you don't have a stairmaster, then get on a treadmill and jog at an incline for 10 minutes.
- Banded or Dumbbell Internal Rotation - use a 3 or 5 lb dumbbell
- Banded or Dumbbell External Rotation - use a 3 or 5 lb dumbbell
- Walkout with shoulder taps - keep your hips as still as possible. Don't rock back and forth.

A Barbell (or dumbbell) Bent Over Row | 12-15 reps.

2 rounds | 60 second rest each round.

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

B.) Single Leg Dumbbell Lateral + Front Raise | B1 Single Arm Dumbbell Row | B2 Kneeling Upright Reverse Fly

- 12 reps
- 10 reps - add up to 25 lbs total
- 8 reps add up to 25 lbs total
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Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

C.) V-Ups: 15 reps

C1.) Spiderman Planks: 15 reps

C2.) Plank Jacks: 15 reps

3 rounds | 60 second rest each set.

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly). Tempo: 3-1-2-1 (3 seconds going down, pause for 1 at the bottom, 2 seconds on the way up, pause for 1 at the top, repeat each rep). Inhale at the top before you perform the next rep, exhale on the way up, and repeat.

SHRED. Day - 4

H.I.I.T.

WARM-UP

- Stairmaster: 15 minutes. If you don't have a stairmaster, then get on a treadmill and jog at an incline for 10 minutes.
- Banded or Dumbbell Internal Rotation - use a 3 or 5 lb dumbbell
- Banded or Dumbbell External Rotation - use a 3 or 5 lb dumbbell
- Walkout with shoulder taps - keep your hips as still as possible. Don't rock hips..

A) Elbow Plank Scissors - 20 seconds - 10 second rest.

A1) Push Ups - 20 seconds - 10 second rest.

A2) Push Up Tucks - 20 seconds - 10 second rest.

A3) Burpee with Jump - 20 seconds - 10 second rest.

3 rounds | 60 second rest each round

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly).

B) Squat Hold - 20 seconds - 10 second rest.

B1) Squat Pulse - 20 seconds - 10 second rest.

B2) Squat Jumps - 20 seconds - 10 second rest.

B3) High Knees - 20 seconds - 10 second rest.

B4) Reverse Lunge - 20 seconds - 10 second rest.

3 rounds | 60 second rest each round

Coaching Cues: Keep your chest big (stick out your chest) and core tight (squeeze belly).