



EVOLVE FIRST

TRAINING SERIES 01

16-WEEK COMPLETE WORKOUT PLAN

START. BUILD. MAINTAIN. COMBINE.

A structured progression using bodyweight, elastic-band, dumbbell, conditioning, and recovery work.

EVOLVE FIRST

TRAIN WITH PURPOSE / TRACK THE WORK / KEEP EVOLVING



EVOLVE FIRST

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Is This a Good Starting or Maintenance Plan?

Yes - for general fitness, this is a practical starting framework and can also work well as a maintenance program.

The exercise selection covers the major movement patterns, includes resistance work and conditioning, and provides recovery days. A new exerciser can begin conservatively, while someone already active can use more resistance, cleaner tempo, additional rounds, or stronger conditioning efforts.

The goal is not to destroy yourself in every workout. The goal is to build a routine that can be repeated consistently. For beginners, consistency and movement quality matter more than heavy weight or speed. For maintenance, the same structure helps preserve strength, muscular endurance, conditioning, mobility, and a regular training habit.

How This Plan Can Help

Benefit	How the plan supports it
Strength & muscular endurance	Bodyweight, bands, and dumbbells progressively challenge the major muscle groups.
Cardiovascular fitness	Running, rowing, biking, jump rope, high knees, and circuit finishers add conditioning.
Movement quality	Repeated squats, lunges, pushes, pulls, hinges, core work, and controlled resistance build basic movement capacity.
Consistency	Three primary training days each week create a realistic schedule with recovery built in.
Progression	Rounds, resistance, repetitions, pace, and control can gradually increase instead of jumping immediately into advanced training.
Maintenance	The program uses enough variety to keep the whole body active without requiring specialized gym equipment.

Beginner rule: Start with 2 rounds if 3 rounds is too much. Rest 60-120 seconds as needed, use light resistance, and prioritize technique. Build toward the written prescription over time.

Maintenance rule: If the listed work is already comfortable, increase only one variable at a time - resistance, repetitions, rounds, slower tempo, or conditioning pace.

Recovery: Muscle soreness is not the objective. Recovery days are part of the program. Walking and easy mobility are appropriate when you feel good enough to move.

Safety: This is a general fitness plan, not individualized medical advice. Stop for sharp pain, dizziness, chest pain, or unusual symptoms and seek appropriate medical guidance when needed.

Program Roadmap

Weeks	Training Focus	Purpose
1-4	Foundation	Learn the movements and establish consistency.
5-8	Build	Increase volume, resistance, or control.
9-12	Progress	Improve work capacity and training quality.
13-16	Combination Phase	Use bodyweight + bands + dumbbells in the same week and then in the same sessions.

WEEK 1 - BODYWEIGHT

Day 1 - Bodyweight Training

2-3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Forward to Reverse Lunge (Each Leg)	60 Seconds On, 60 Seconds Off
AB Twist	60 Seconds On, 60 Seconds Off
Side Step Squats (Interchange Legs)	60 Seconds On, 60 Seconds Off
Knee to Elbow with Push up	60 Seconds On, 60 Seconds Off
Sit Ups	60 Seconds On, 60 Seconds Off

Conditioning: Choose one: Run(75%) 20 Seconds, Run (30%) 40 Seconds - 6 Minutes |Non-Stop| | Bike Max Effort 30 Seconds, Slow 30 Seconds - 6 Minutes

Day 2: Recovery / off.

Day 3 - Bodyweight Training

2-3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Diamond Incline Push Ups	50
AB Scissors	50
Single Leg Calf Raise (Each Leg)	50
T Rotation Push Up	20
Single Leg Glute Bridge (Interchange Legs)	2 Reps each Leg (Hold 60 Seconds)

Conditioning: Choose one: Run Stairs (Up and Down 4 levels equals 1 Set) 6 sets | Up Downs (30 Seconds Jog in place before going down) 6 Sets

Day 4: Recovery / off.

Day 5 - Bodyweight Training

2-3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Burpee	60 Seconds On, 60 Seconds Off

Conditioning: Choose one: Sprints (6) - 100 Meter | Row 800 Meters (60% to 75%)

Weekend: Complete rest or optional easy walking and mobility.

WEEK 2 - ELASTIC BAND

Day 1 - Elastic Band Training

2-3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	30 Seconds On, 30 Seconds Off
Two Arm OH Tricep Extension	30 Seconds On, 30 Seconds Off
Plank	30 Seconds On, 30 Seconds Off
Alternating Standing Chest Press	30 Seconds On, 30 Seconds Off
Tricep Dips	30 Seconds On, 30 Seconds Off

Conditioning: Choose one: Cardio Options: | Jump Rope 30 Seconds On, 30 Seconds Off || 6 Minutes

Day 2: Recovery / off.

Day 3 - Elastic Band Training

2-3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Squat to Push Press	10 repetition
Plank Ups	10 repetition
Split Lunge (each leg)	10 repetition
Upright row	10 repetition
Plank Jacks	10 repetition

Conditioning: Choose one: 1 -Mile Run | Bike 20 Minutes

Day 4: Recovery / off.

Day 5 - Elastic Band Training

2-3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Standing Bent Row	30 Seconds On, 30 Seconds Off
Bicep Curls	30 Seconds On, 30 Seconds Off
Seated Row	30 Seconds On, 30 Seconds Off
Lateral Raises	30 Seconds On, 30 Seconds Off
Bear Crawl	30 Seconds On, 30 Seconds Off

Conditioning: Choose one: Froggers 30 Seconds On, 30 Seconds Off || 4 Minutes | Wall Sits (use EB) 30 Seconds On, 30 Seconds Off || 6 Minutes

Weekend: Complete rest or optional easy walking and mobility.

WEEK 3 - DUMBBELL

Day 1 - Dumbbell Training

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Lying Chest Press	10 reps
One Arm Tricep Extension	10 each
AB Roll Backs	10 reps
Push Ups	10 reps
Elevated Tricep Dips	10 reps

Conditioning: 1-mile run/walk or 800 m row

Day 2: Recovery / off.

Day 3 - Dumbbell Training

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
One Arm Standing Row	10 each
Standing Hammer Curls	10 reps
V-Ups	10 reps
Bent Over Back Fly	10 reps
Deadlift	10 reps

Conditioning: Bike or elliptical - 20 minutes

Day 4: Recovery / off.

Day 5 - Dumbbell Training

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	10 reps
Front & Lateral Raise	10 each
Split Lunge with Twist	10 each
Alternating Shoulder Press	10 reps
Shoulder Shrugs	10 reps

Conditioning: Jump rope or high knees - 4 x 20

Weekend: Complete rest or optional easy walking and mobility.

WEEK 4 - CHALLENGE

Day 1 - Full Body Benchmark

2 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	10
Reverse Lunges	10 each
Bodyweight Squats	15
Sit-Ups	10
Plank	30 sec

Conditioning: Easy 5-10 minute cooldown

Day 2: Recovery / off.

Day 3 - Conditioning Benchmark

Choose one benchmark - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
1-mile run/walk	Record time
OR Row	800-1200 m
OR Bike	12-minute distance

Conditioning: Record the result so you can compare later.

Day 4: Recovery / off.

Day 5 - Mixed Conditioning

2 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Burpees	30 sec
Jump Rope / High Knees	30 sec
Squats	30 sec
Push Ups	30 sec
Mountain Climbers	30 sec
Plank	30 sec

Conditioning: 30 seconds recovery between exercises as needed.

Weekend: Complete rest or optional easy walking and mobility.

WEEK 5 - BODYWEIGHT

Day 1 - Bodyweight Training

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Forward to Reverse Lunge (Each Leg)	60 Seconds On, 60 Seconds Off
AB Twist	60 Seconds On, 60 Seconds Off
Side Step Squats (Interchange Legs)	60 Seconds On, 60 Seconds Off
Knee to Elbow with Push up	60 Seconds On, 60 Seconds Off
Sit Ups	60 Seconds On, 60 Seconds Off

Conditioning: Choose one: Run(75%) 20 Seconds, Run (30%) 40 Seconds - 6 Minutes |Non-Stop| | Bike Max Effort 30 Seconds, Slow 30 Seconds - 6 Minutes

Day 2: Recovery / off.

Day 3 - Bodyweight Training

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Diamond Incline Push Ups	50
AB Scissors	50
Single Leg Calf Raise (Each Leg)	50
T Rotation Push Up	20
Single Leg Glute Bridge (Interchange Legs)	2 Reps each Leg (Hold 60 Seconds)

Conditioning: Choose one: Run Stairs (Up and Down 4 levels equals 1 Set) 6 sets | Up Downs (30 Seconds Jog in place before going down) 6 Sets

Day 4: Recovery / off.

Day 5 - Bodyweight Training

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Burpee	60 Seconds On, 60 Seconds Off

Conditioning: Choose one: Sprints (6) - 100 Meter | Row 800 Meters (60% to 75%)

Weekend: Complete rest or optional easy walking and mobility.

WEEK 6 - ELASTIC BAND

Day 1 - Elastic Band Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	30 Seconds On, 30 Seconds Off
Two Arm OH Tricep Extension	30 Seconds On, 30 Seconds Off
Plank	30 Seconds On, 30 Seconds Off
Alternating Standing Chest Press	30 Seconds On, 30 Seconds Off
Tricep Dips	30 Seconds On, 30 Seconds Off

Conditioning: Choose one: Cardio Options: | Jump Rope 30 Seconds On, 30 Seconds Off || 6 Minutes

Day 2: Recovery / off.

Day 3 - Elastic Band Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Squat to Push Press	10 repetition
Plank Ups	10 repetition
Split Lunge (each leg)	10 repetition
Upright row	10 repetition
Plank Jacks	10 repetition

Conditioning: Choose one: 1 -Mile Run | Bike 20 Minutes

Day 4: Recovery / off.

Day 5 - Elastic Band Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Standing Bent Row	30 Seconds On, 30 Seconds Off
Bicep Curls	30 Seconds On, 30 Seconds Off
Seated Row	30 Seconds On, 30 Seconds Off
Lateral Raises	30 Seconds On, 30 Seconds Off
Bear Crawl	30 Seconds On, 30 Seconds Off

Conditioning: Choose one: Froggers 30 Seconds On, 30 Seconds Off || 4 Minutes | Wall Sits (use EB) 30 Seconds On, 30 Seconds Off || 6 Minutes

Weekend: Complete rest or optional easy walking and mobility.

WEEK 7 - DUMBBELL

Day 1 - Dumbbell Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Lying Chest Press	10 reps
One Arm Tricep Extension	10 each
AB Roll Backs	10 reps
Push Ups	10 reps
Elevated Tricep Dips	10 reps

Conditioning: 1-mile run/walk or 800 m row

Day 2: Recovery / off.

Day 3 - Dumbbell Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
One Arm Standing Row	10 each
Standing Hammer Curls	10 reps
V-Ups	10 reps
Bent Over Back Fly	10 reps
Deadlift	10 reps

Conditioning: Bike or elliptical - 20 minutes

Day 4: Recovery / off.

Day 5 - Dumbbell Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	10 reps
Front & Lateral Raise	10 each
Split Lunge with Twist	10 each
Alternating Shoulder Press	10 reps
Shoulder Shrugs	10 reps

Conditioning: Jump rope or high knees - 4 x 20

Weekend: Complete rest or optional easy walking and mobility.

WEEK 8 - CHALLENGE

Day 1 - Full Body Benchmark

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	10
Reverse Lunges	10 each
Bodyweight Squats	15
Sit-Ups	10
Plank	30 sec

Conditioning: Easy 5-10 minute cooldown

Day 2: Recovery / off.

Day 3 - Conditioning Benchmark

Choose one benchmark - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
1-mile run/walk	Record time
OR Row	800-1200 m
OR Bike	12-minute distance

Conditioning: Record the result so you can compare later.

Day 4: Recovery / off.

Day 5 - Mixed Conditioning

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Burpees	30 sec
Jump Rope / High Knees	30 sec
Squats	30 sec
Push Ups	30 sec
Mountain Climbers	30 sec
Plank	30 sec

Conditioning: 30 seconds recovery between exercises as needed.

Weekend: Complete rest or optional easy walking and mobility.

WEEK 9 - BODYWEIGHT

Day 1 - Bodyweight Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Forward to Reverse Lunge (Each Leg)	60 Seconds On, 60 Seconds Off
AB Twist	60 Seconds On, 60 Seconds Off
Side Step Squats (Interchange Legs)	60 Seconds On, 60 Seconds Off
Knee to Elbow with Push up	60 Seconds On, 60 Seconds Off
Sit Ups	60 Seconds On, 60 Seconds Off

Conditioning: Choose one: Run(75%) 20 Seconds, Run (30%) 40 Seconds - 6 Minutes |Non-Stop| | Bike Max Effort 30 Seconds, Slow 30 Seconds - 6 Minutes

Day 2: Recovery / off.

Day 3 - Bodyweight Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Diamond Incline Push Ups	50
AB Scissors	50
Single Leg Calf Raise (Each Leg)	50
T Rotation Push Up	20
Single Leg Glute Bridge (Interchange Legs)	2 Reps each Leg (Hold 60 Seconds)

Conditioning: Choose one: Run Stairs (Up and Down 4 levels equals 1 Set) 6 sets | Up Downs (30 Seconds Jog in place before going down) 6 Sets

Day 4: Recovery / off.

Day 5 - Bodyweight Training

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Burpee	60 Seconds On, 60 Seconds Off

Conditioning: Choose one: Sprints (6) - 100 Meter | Row 800 Meters (60% to 75%)

Weekend: Complete rest or optional easy walking and mobility.

WEEK 10 - ELASTIC BAND

Day 1 - Elastic Band Training

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	30 Seconds On, 30 Seconds Off
Two Arm OH Tricep Extension	30 Seconds On, 30 Seconds Off
Plank	30 Seconds On, 30 Seconds Off
Alternating Standing Chest Press	30 Seconds On, 30 Seconds Off
Tricep Dips	30 Seconds On, 30 Seconds Off

Conditioning: Choose one: Cardio Options: | Jump Rope 30 Seconds On, 30 Seconds Off || 6 Minutes

Day 2: Recovery / off.

Day 3 - Elastic Band Training

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Squat to Push Press	10 repetition
Plank Ups	10 repetition
Split Lunge (each leg)	10 repetition
Upright row	10 repetition
Plank Jacks	10 repetition

Conditioning: Choose one: 1 -Mile Run | Bike 20 Minutes

Day 4: Recovery / off.

Day 5 - Elastic Band Training

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Standing Bent Row	30 Seconds On, 30 Seconds Off
Bicep Curls	30 Seconds On, 30 Seconds Off
Seated Row	30 Seconds On, 30 Seconds Off
Lateral Raises	30 Seconds On, 30 Seconds Off
Bear Crawl	30 Seconds On, 30 Seconds Off

Conditioning: Choose one: Froggers 30 Seconds On, 30 Seconds Off || 4 Minutes | Wall Sits (use EB) 30 Seconds On, 30 Seconds Off || 6 Minutes

Weekend: Complete rest or optional easy walking and mobility.

WEEK 11 - DUMBBELL

Day 1 - Dumbbell Training

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Lying Chest Press	10 reps
One Arm Tricep Extension	10 each
AB Roll Backs	10 reps
Push Ups	10 reps
Elevated Tricep Dips	10 reps

Conditioning: 1-mile run/walk or 800 m row

Day 2: Recovery / off.

Day 3 - Dumbbell Training

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
One Arm Standing Row	10 each
Standing Hammer Curls	10 reps
V-Ups	10 reps
Bent Over Back Fly	10 reps
Deadlift	10 reps

Conditioning: Bike or elliptical - 20 minutes

Day 4: Recovery / off.

Day 5 - Dumbbell Training

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	10 reps
Front & Lateral Raise	10 each
Split Lunge with Twist	10 each
Alternating Shoulder Press	10 reps
Shoulder Shrugs	10 reps

Conditioning: Jump rope or high knees - 4 x 20

Weekend: Complete rest or optional easy walking and mobility.

WEEK 12 - CHALLENGE

Day 1 - Full Body Benchmark

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	10
Reverse Lunges	10 each
Bodyweight Squats	15
Sit-Ups	10
Plank	30 sec

Conditioning: Easy 5-10 minute cooldown

Day 2: Recovery / off.

Day 3 - Conditioning Benchmark

Choose one benchmark - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
1-mile run/walk	Record time
OR Row	800-1200 m
OR Bike	12-minute distance

Conditioning: Record the result so you can compare later.

Day 4: Recovery / off.

Day 5 - Mixed Conditioning

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Burpees	30 sec
Jump Rope / High Knees	30 sec
Squats	30 sec
Push Ups	30 sec
Mountain Climbers	30 sec
Plank	30 sec

Conditioning: 30 seconds recovery between exercises as needed.

Weekend: Complete rest or optional easy walking and mobility.

WEEK 13 - COMBINATION PHASE

This phase intentionally combines bodyweight, elastic-band, and dumbbell movements. The purpose is to use the strength, control, and conditioning developed during the first 12 weeks in a more complete training format.

Day 1 - Push + Legs

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	10
Push Ups	10
Band Chest Press	10-12
Reverse Lunges	10 each
Dumbbell Shoulder Press	10
Plank	30-45 sec

Conditioning: 10 minutes easy-moderate cardio

Day 2: Recovery / off. Walking and mobility are optional.

Day 3 - Pull + Core

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
One Arm Dumbbell Row	10 each
Band Row	12
Hammer Curls	10
Band Pull Apart	12-15
V-Ups / Sit-Ups	10
Mountain Climbers	30 sec

Conditioning: Jump rope 5 x 30 sec

Day 4: Recovery / off. Walking and mobility are optional.

Day 5 - Full Body

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Dumbbell Deadlift	10
Bodyweight Squats	15
Band Shoulder Press	10-12
Push Ups	10
Split Lunges	10 each
Plank	45 sec

Conditioning: 1-mile walk/run

Weekend: Rest or light recovery. At the end of the week, record what improved: resistance used, repetitions, rounds, conditioning time, or how the workout felt.

WEEK 14 - COMBINATION PHASE

This phase intentionally combines bodyweight, elastic-band, and dumbbell movements. The purpose is to use the strength, control, and conditioning developed during the first 12 weeks in a more complete training format.

Day 1 - Upper Body Mix

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Lying Dumbbell Chest Press	10
Band Row	12
Push Ups	10
Band Tricep Extension	12
Hammer Curls	10
Plank	45 sec

Conditioning: 10-15 minutes cardio

Day 2: Recovery / off. Walking and mobility are optional.

Day 3 - Lower Body Mix

3-4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	10
Band Squats	12
Reverse Lunges	10 each
Dumbbell Deadlift	10
Calf Raises	15
Mountain Climbers	30 sec

Conditioning: Jump rope/high knees 6 x 30 sec

Day 4: Recovery / off. Walking and mobility are optional.

Day 5 - Total Body Conditioning

3 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Push Ups	10
Dumbbell Row	10 each
Band Chest Press	12
Bodyweight Squats	15
Dumbbell Shoulder Press	10
Burpees	6-10

Conditioning: 12-minute steady cardio

Weekend: Rest or light recovery. At the end of the week, record what improved: resistance used, repetitions, rounds, conditioning time, or how the workout felt.

WEEK 15 - COMBINATION PHASE

This phase intentionally combines bodyweight, elastic-band, and dumbbell movements. The purpose is to use the strength, control, and conditioning developed during the first 12 weeks in a more complete training format.

Day 1 - Strength Endurance

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	12
Dumbbell Chest Press	10
Band Row	12
Reverse Lunges	10 each
Band Shoulder Press	12
Plank	45-60 sec

Conditioning: 10 minutes moderate cardio

Day 2: Recovery / off. Walking and mobility are optional.

Day 3 - Pull / Hinge / Core

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Dumbbell Deadlift	10
One Arm Row	10 each
Band Pull Apart	15
Hammer Curls	10-12
V-Ups	10
Mountain Climbers	40 sec

Conditioning: Jump rope 6 x 30 sec

Day 4: Recovery / off. Walking and mobility are optional.

Day 5 - Athletic Full Body

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Bodyweight Squats	15
Push Ups	10-15
Split Lunge with Twist	10 each
Band Row	12
Dumbbell Shoulder Press	10
Burpees	8-10

Conditioning: 1-mile run/walk or equivalent

Weekend: Rest or light recovery. At the end of the week, record what improved: resistance used, repetitions, rounds, conditioning time, or how the workout felt.

WEEK 16 - COMBINATION PHASE

This phase intentionally combines bodyweight, elastic-band, and dumbbell movements. The purpose is to use the strength, control, and conditioning developed during the first 12 weeks in a more complete training format.

Day 1 - Final Combination Circuit

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Goblet Squats	10
Push Ups	10
Band Row	12
Dumbbell Deadlift	10
Band Chest Press	12
Plank	60 sec

Conditioning: Record total completion time with good form

Day 2: Recovery / off. Walking and mobility are optional.

Day 3 - Final Conditioning Test

1 benchmark - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
1-mile run/walk	Record time
OR Row	1200 m - record time
OR Bike	15-minute distance
Mobility cooldown	10 minutes

Conditioning: Compare with earlier benchmark weeks

Day 4: Recovery / off. Walking and mobility are optional.

Day 5 - Finish Strong Circuit

4 rounds - complete the exercises in order. Rest as needed between rounds.

Exercise	Reps / Time
Reverse Lunges	10 each
Dumbbell Chest Press	10
Band Shoulder Press	12
One Arm Dumbbell Row	10 each
Bodyweight Squats	15
Burpees / High Knees	30 sec

Conditioning: Finish with 5-10 minutes easy cooldown

Weekend: Rest or light recovery. At the end of the week, record what improved: resistance used, repetitions, rounds, conditioning time, or how the workout felt.

What to Do After Week 16

If your goal is maintenance, Weeks 13-16 can become your repeatable four-week training cycle. Repeat the combination phase while making small changes in resistance, repetitions, tempo, or conditioning. You do not need a completely new program every month to maintain fitness; you need enough challenge to keep the work meaningful and enough consistency to keep doing it.

If your goal is continued improvement, use your Week 16 results as the new baseline. Increase one training variable at a time and continue to protect recovery and movement quality.

The Evolve First approach: The program is built around progress that can be sustained - start where you are, earn the next level, and keep evolving.

16-Week Progress Tracker

Week	Rounds / Load	Conditioning	Effort 1-10	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
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