



EVOLVE FIRST

TRAINING SERIES 04

FULL BODY THRILLER

BUILD CAPACITY. INCREASE INTENSITY.

A 90-day intermediate/advanced training cycle for people who already train consistently and want a defined performance goal.

EVOLVE FIRST

TRAIN WITH PURPOSE / TRACK THE WORK / KEEP EVOLVING



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The 90-Day Goal

Ninety days is long enough to treat the program as a training cycle rather than a temporary challenge. The objective is to establish a baseline, accumulate quality work, progressively increase performance demands, and finish by demonstrating improvement in strength endurance, conditioning, work capacity, and recovery.

The program is organized into **13 training weeks (91 calendar days)**. Day 91 is the final recovery and review day, creating a practical 90-day training framework while preserving complete seven-day training weeks.

Phase	Weeks	Purpose	Primary emphasis
I - Establish	1-3	Set baselines and establish sustainable training pace.	Technique, repeatable effort, conditioning baseline
II - Build	4-6	Increase training density and resistance while maintaining movement quality.	Volume, strength endurance, controlled intensity
III - Perform	7-9	Push work capacity and harder conditioning efforts.	AMRAP output, pyramids, intervals, sprint consistency
IV - Peak	10-12	Apply the highest sustainable training demand.	Performance, resistance, pace, recovery discipline
Final Test	13	Retest key formats and finish with measurable benchmarks.	Comparison to earlier performance

Rules & Guidelines

- 1. This program assumes an existing fitness base.** You should already be comfortable with squats, lunges, push-ups, rows, presses, hinges/deadlifts, planks, running or equivalent conditioning, and moderate-to-hard exercise.
 - 2. Follow the assigned workout format.** WO-1, WO-2, WO-3, and WO-4 intentionally create different demands. Do not convert every workout into a race.
 - 3. Progress one variable at a time.** Increase resistance, repetitions, round output, conditioning pace, or movement difficulty - not everything at once.
 - 4. Use quality repetitions.** A repetition only counts when the intended movement can be performed under control. Reduce resistance or pace when technique deteriorates.
 - 5. Treat AMRAP as sustainable output.** The objective is the greatest number of quality rounds in the time allowed, not a reckless first five minutes followed by a collapse.
 - 6. Manage the pyramid.** Higher-repetition sets create substantial fatigue. Break sets when necessary while maintaining the assigned repetition target and clean movement.
 - 7. Earn high intensity.** WO-4 and sprint sessions should be hard, but hard does not mean uncontrolled. Preserve mechanics as fatigue increases.
 - 8. Recovery days are training decisions.** Keep the two flexibility days and one complete recovery day. Do not routinely replace them with additional hard sessions.
 - 9. Track objective results.** Record loads, rounds, pyramid level, interval consistency, run times, sprint times, and effort score.
 - 10. Adjust when recovery is failing.** Repeated performance decline, unresolved soreness, unusual fatigue, or persistent technique breakdown are reasons to reduce training stress.
 - 11. Warm up before every hard session.** Use 5-10 minutes of progressive movement preparation appropriate to the exercises and conditioning scheduled that day.
 - 12. Do not train through sharp or unusual pain.** Modify or stop the movement and seek appropriate professional guidance when needed.
- Effort guide:** Most hard sessions should fall around 7-9/10 perceived effort. Not every day is a maximum test. The program becomes harder through accumulated progression, not by forcing 10/10 effort every session.

Workout Designs

Design	Prescription	Purpose
WO-1	4 sets of each exercise, 6-8 repetitions.	Strength / strength endurance
WO-2	21-minute AMRAP, 14 repetitions per exercise.	Work capacity
WO-3	Pyramid. Increase repetitions by 7 for 2-3 exercises, 5 for 4-6 exercises, or 3 for 7-10 exercises, then work back down.	Volume tolerance / muscular endurance
WO-4	60 seconds work / 60 seconds off, 6 rounds. Complete the assigned exercises in order.	High-intensity conditioning

Weekly structure: Four workout days, two flexibility/stretch days, and one complete recovery day. This preserves the structure of the original Full Body Thriller program while allowing the workload to progress over a longer period.

WEEK 1 - BASELINE

Use conservative working loads and record all results. Learn your sustainable pace.

Day 1 - WO-4

Chest Alternating Arm Press (DB)	V-Ups
Side-Step Squats (BW)	Triceps Kickback (DB)
Reverse Lunges (DB)	Reverse Curls (DB)

Conditioning: 4 rounds / 10 Up-Downs

Day 2: Stretch / flexibility.

Day 3 - WO-3

Seated Row (EB)	Plank Jacks
Hammer Curls (DB)	Dead Lift (DB)
Plank Ups	

Conditioning: 1 Mile Run

Day 4: Complete recovery / OFF.

Day 5 - WO-2

Thrusters (DB)	AB Leg Wraps
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Conditioning: 10 Suicide Sprints

Day 6 - WO-1

Palms-In Shoulder Press (DB)	Russian Twist (DB)
Upright Row (EB)	Hand Release Push Ups
Hang Cleans (DB)	

Conditioning: Bike 15 Minutes

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 2 - BASELINE

Use conservative working loads and record all results. Learn your sustainable pace.

Day 1 - WO-2

Chest Press (DB)	AB Scissors
Shoulder Front Raise (DB)	Power Lunge (BW)
Lateral Shoulder Raise (DB)	Squats (DB)

Conditioning: 6 x 200 m sprints

Day 2: Stretch / flexibility.

Day 3 - WO-4

Bent-Over Rear Deltoid Raise (DB)	Push Up Position Knee to Elbow
Seated Alternated Biceps Curl (DB)	Hang Clean to Press
Push Up Position Thigh Taps	

Conditioning: 1 Mile Run

Day 4: Complete recovery / OFF.

Day 5 - WO-1

Burpees	Russian Twist (DB)
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Conditioning: 1 Mile Run

Day 6 - WO-3

Bent Over Row (DB)	Glute Bridge (DB)
Hammer Curls (DB)	Bear Crawl Kick Through
Triceps Dips (BW)	Reverse Lunge with Knee Lift

Conditioning: Jump Rope 12 min

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 3 - BASELINE

Use conservative working loads and record all results. Learn your sustainable pace.

Day 1 - WO-1

Push Ups (BW)	AB Roll Backs
Jump Squats	Triceps Extension
Reverse Lunge	Chest Fly (EB)
Squats (EB)	Shoulder Press (EB)
Triceps Extension (EB)	

Conditioning: Bike 20 min

Day 2: Stretch / flexibility.

Day 3 - WO-2

Bear Crawl Kick Throughs	Bicep Curls (DB)
Seated Row (EB)	Hang Cleans to Press
Crab Walk Kicks	Seated Hammer Curls

Conditioning: 4 rounds: 10 Up-Downs + 10 Mountain Climbers

Day 4: Complete recovery / OFF.

Day 5 - WO-3

Power Cleans (DB)	Wind Shield Wiper Abs
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Conditioning: 1 Mile Run

Day 6 - WO-4

Back Fly (EB)	Lateral Plank Walks
Deadlift (EB)	Knee to Elbow
Alternating Bicep Curls (EB)	Shoulder Taps
Glute Bridge	

Conditioning: 6 x 200 m sprints

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 4 - BUILD

Increase one variable from comparable earlier sessions: load, quality rounds, or conditioning pace.

Day 1 - WO-3

Push Ups (EB)	Plank Jacks
Hang Clean to Press	Triceps Dips
Squats (EB)	Plank Ups

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-1

Air Squats	Ab In & Out
Bulgarian Split Squats	Skater Hop Toe Touches
Reverse Lunge to Knee Lift	

Conditioning: 4 x 400 m runs

Day 4: Complete recovery / OFF.

Day 5 - WO-4

Man Makers (DB)	Ab Roll Outs
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Conditioning: Bike 20 min

Day 6 - WO-2

Bent Over Row	Sit Ups
Biceps Curl	Froggers

Conditioning: Jump Rope 12 min

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 5 - BUILD

Increase one variable from comparable earlier sessions: load, quality rounds, or conditioning pace.

Day 1 - WO-2

DB Row with Push Ups	Sprinter Abs
Triceps Dips	AB Leg Wraps
Push Up Position DB Slides	AB Roll Backs
Hammer Curls (EB)	

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-4

Bent-Over Rear Deltoid Raise	Sprinter Sit Up
Alternating Biceps Curl	Crab Stance Toe Touches

Conditioning: Sprint ladder 100-200-300-400-300-200-100

Day 4: Complete recovery / OFF.

Day 5 - WO-1

Thrusters (DB)	AB Leg Wraps
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Conditioning: Bike 20 min

Day 6 - WO-3

Bent Over Row	Sit Ups
Biceps Curl	Froggers
Deadlift	

Conditioning: Jump Rope 12 min

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 6 - BUILD

Increase one variable from comparable earlier sessions: load, quality rounds, or conditioning pace.

Day 1 - WO-3

Standing Chest Press (EB)	AB Scissors
Shoulder Lateral Raise	Overhead Triceps Extension
Goblet Squats	Shoulder Front Raise

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-4

Seated Row (EB)	Knee to Elbow
Crab Walk Kicks	Deadlift

Conditioning: 4 x 400 m runs

Day 4: Complete recovery / OFF.

Day 5 - WO-1

Burpees	Russian Twist
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Conditioning: Bike 20 min

Day 6 - WO-2

Jump Squats	V-Ups
Jump Lunges	Ab In & Outs

Conditioning: 6 x 200 m sprints

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 7 - PERFORM

Aim to improve measurable output while keeping technique consistent from the first round to the last.

Day 1 - WO-1

DB Squats	DB Shoulder Press
DB Lunges	Half Kneeling Wood Chops
DB Deadlift	Plank Ups

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-2

Standing Chest Press	Russian Twist
Shoulder Press	Triceps Extensions
Goblet Squats	Bear Crawl Kick Throughs

Conditioning: Jump Rope 12 min

Day 4: Complete recovery / OFF.

Day 5 - WO-3

Power Cleans	Wind Shield Wiper Abs
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Conditioning: 1 Mile Run

Day 6 - WO-4

DB Lateral Step Out Squat	Knee to Elbow
Reverse Lunge to Knee Lift	Shoulder Tap
Deadlift	

Conditioning: 4 rounds: 10 Burpees

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 8 - PERFORM

Aim to improve measurable output while keeping technique consistent from the first round to the last.

Day 1 - WO-4

Chest Alternating Arm Press (DB)	V-Ups
Side-Step Squats (BW)	Triceps Kickback (DB)
Reverse Lunges (DB)	Reverse Curls (DB)

Conditioning: 4 rounds / 10 Up-Downs

Day 2: Stretch / flexibility.

Day 3 - WO-3

Seated Row (EB)	Plank Jacks
Hammer Curls (DB)	Dead Lift (DB)
Plank Ups	

Conditioning: 1 Mile Run

Day 4: Complete recovery / OFF.

Day 5 - WO-2

Thrusters (DB)	AB Leg Wraps
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Conditioning: 10 Suicide Sprints

Day 6 - WO-1

Palms-In Shoulder Press (DB)	Russian Twist (DB)
Upright Row (EB)	Hand Release Push Ups
Hang Cleans (DB)	

Conditioning: Bike 15 Minutes

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 9 - PERFORM

Aim to improve measurable output while keeping technique consistent from the first round to the last.

Day 1 - WO-2

Chest Press (DB)	AB Scissors
Shoulder Front Raise (DB)	Power Lunge (BW)
Lateral Shoulder Raise (DB)	Squats (DB)

Conditioning: 6 x 200 m sprints

Day 2: Stretch / flexibility.

Day 3 - WO-4

Bent-Over Rear Deltoid Raise (DB)	Push Up Position Knee to Elbow
Seated Alternated Biceps Curl (DB)	Hang Clean to Press
Push Up Position Thigh Taps	

Conditioning: 1 Mile Run

Day 4: Complete recovery / OFF.

Day 5 - WO-1

Burpees	Russian Twist (DB)
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Conditioning: 1 Mile Run

Day 6 - WO-3

Bent Over Row (DB)	Glute Bridge (DB)
Hammer Curls (DB)	Bear Crawl Kick Through
Triceps Dips (BW)	Reverse Lunge with Knee Lift

Conditioning: Jump Rope 12 min

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 10 - PEAK

Use your strongest sustainable loads and pacing. Do not sacrifice movement quality to chase a number.

Day 1 - WO-1

Push Ups (BW)	AB Roll Backs
Jump Squats	Triceps Extension
Reverse Lunge	Chest Fly (EB)
Squats (EB)	Shoulder Press (EB)
Triceps Extension (EB)	

Conditioning: Bike 20 min

Day 2: Stretch / flexibility.

Day 3 - WO-2

Bear Crawl Kick Throughs	Bicep Curls (DB)
Seated Row (EB)	Hang Cleans to Press
Crab Walk Kicks	Seated Hammer Curls

Conditioning: 4 rounds: 10 Up-Downs + 10 Mountain Climbers

Day 4: Complete recovery / OFF.

Day 5 - WO-3

Power Cleans (DB)	Wind Shield Wiper Abs
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Conditioning: 1 Mile Run

Day 6 - WO-4

Back Fly (EB)	Lateral Plank Walks
Deadlift (EB)	Knee to Elbow
Alternating Bicep Curls (EB)	Shoulder Taps
Glute Bridge	

Conditioning: 6 x 200 m sprints

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 11 - PEAK

Use your strongest sustainable loads and pacing. Do not sacrifice movement quality to chase a number.

Day 1 - WO-3

Push Ups (EB)	Plank Jacks
Hang Clean to Press	Triceps Dips
Squats (EB)	Plank Ups

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-1

Air Squats	Ab In & Out
Bulgarian Split Squats	Skater Hop Toe Touches
Reverse Lunge to Knee Lift	

Conditioning: 4 x 400 m runs

Day 4: Complete recovery / OFF.

Day 5 - WO-4

Man Makers (DB)	Ab Roll Outs
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Conditioning: Bike 20 min

Day 6 - WO-2

Bent Over Row	Sit Ups
Biceps Curl	Froggers

Conditioning: Jump Rope 12 min

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 12 - PEAK

Use your strongest sustainable loads and pacing. Do not sacrifice movement quality to chase a number.

Day 1 - WO-2

DB Row with Push Ups	Sprinter Abs
Triceps Dips	AB Leg Wraps
Push Up Position DB Slides	AB Roll Backs
Hammer Curls (EB)	

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-4

Bent-Over Rear Deltoid Raise	Sprinter Sit Up
Alternating Biceps Curl	Crab Stance Toe Touches

Conditioning: Sprint ladder 100-200-300-400-300-200-100

Day 4: Complete recovery / OFF.

Day 5 - WO-1

Thrusters (DB)	AB Leg Wraps
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Conditioning: Bike 20 min

Day 6 - WO-3

Bent Over Row	Sit Ups
Biceps Curl	Froggers
Deadlift	

Conditioning: Jump Rope 12 min

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

WEEK 13 - FINAL TEST

Treat this week as a retest. Compare loads, rounds, repetitions, run/sprint performance, and recovery with earlier weeks.

Day 1 - WO-1

DB Squats	DB Shoulder Press
DB Lunges	Half Kneeling Wood Chops
DB Deadlift	Plank Ups

Conditioning: 1 Mile Run

Day 2: Stretch / flexibility.

Day 3 - WO-2

Standing Chest Press	Russian Twist
Shoulder Press	Triceps Extensions
Goblet Squats	Bear Crawl Kick Throughs

Conditioning: Jump Rope 12 min

Day 4: Complete recovery / OFF.

Day 5 - WO-3

Power Cleans	Wind Shield Wiper Abs
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Conditioning: 1 Mile Run

Day 6 - WO-4

DB Lateral Step Out Squat	Knee to Elbow
Reverse Lunge to Knee Lift	Shoulder Tap
Deadlift	

Conditioning: 4 rounds: 10 Burpees

Day 7: Stretch / flexibility. Use the recommended full-body stretch sequence and keep this recovery-focused.

Day 91 - Recover, Review, Reset

The final day is intentionally not another maximal workout. Use it to recover and compare your performance across the full training cycle. Review your original loads, AMRAP rounds, pyramid performance, interval consistency, mile times, sprint results, and perceived effort.

A successful 90-day cycle does not require every number to improve. Look for the larger pattern: stronger working weights, more sustainable rounds, faster or more consistent conditioning, cleaner movement under fatigue, and improved ability to recover between hard sessions.

Long-term option: After an appropriate recovery period, the program can be repeated using the previous 90 days as your new baseline. The goal is not simply to repeat harder; it is to train more effectively.

90-Day Performance Tracker

Week	Load	WO Output	Conditioning	Effort	Recovery
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

Safety note: The original Full Body Thriller materials recommend consulting a physician before beginning and state that participation involves risk of injury and individual results vary. This program is general fitness information and is not individualized medical advice.