



EVOLVE FIRST

TRAINING SERIES 02

FULL-YEAR TRAINING PLAN

A YEAR OF PURPOSEFUL PROGRESSION.

A detailed month-by-month training system with sets, repetitions, timing, rest, cardio, progression, and recovery.

EVOLVE FIRST

TRAIN WITH PURPOSE / TRACK THE WORK / KEEP EVOLVING



EVOLVE FIRST

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START HERE - HOW TO READ EVERY WORKOUT

SET: A group of repetitions. Example: 3 x 10 means perform 10 repetitions, rest, and repeat until 3 sets are complete.

ROUND: One complete pass through every exercise in a circuit. Example: if a circuit contains 6 exercises, complete Exercises 1-6 in order; that is 1 round.

REPS: The number of times you perform an exercise. For alternating lunges, step-ups, single-arm rows, and similar movements, a target such as 10 each means 10 on the left and 10 on the right.

TIMED WORK: If the plan says 30 sec work / 30 sec rest, perform controlled repetitions for the entire 30-second work period, rest 30 seconds, then move to the next exercise.

REST BETWEEN SETS: Moderate resistance: 60-90 sec. Heavy compound lifting: 2-3 min. Power movements: 2 min or enough time to regain speed and technique. Circuits: 15-30 sec between exercises if needed and 60-90 sec after each full round.

CARDIO: Complete the written duration or interval after strength work unless the day is specifically a cardio day. When two cardio choices are listed, choose ONE.

STRETCHING: Stretching each day does not mean a long flexibility workout every day. After normal training, spend 5-10 minutes on the muscles trained. Dedicated mobility days can last 15-20 minutes.

OFF: No hard training. Easy walking and gentle mobility are optional.

EFFORT	WHAT IT SHOULD FEEL LIKE
4-5/10 - Easy	Comfortable, conversational. Recovery cardio and easy aerobic work.
6/10 - Moderate	Working, but sustainable. You can speak in short sentences.
7-8/10 - Hard	Challenging and focused. Used for harder circuits and controlled intervals.
8-9/10 - Very hard	Short intervals or hard conditioning. Not sustainable for long periods.
Strength sets	Finish most sets with about 1-3 technically good repetitions still possible.

THE STANDARD WORKOUT FLOW

STEP	WHAT TO DO	TIME
1. Warm-up	Easy cardio + dynamic movements that prepare the joints and muscles used that day.	5-8 min
2. Main workout	Complete the written strength, bodyweight, band, dumbbell, or power work.	25-50 min
3. Cardio / finisher	Complete the written cardio. If options are listed, choose one.	10-60 min
4. Cool down	Walk or move easily until breathing settles.	3-5 min
5. Stretch	Stretch the major muscles used. Hold each stretch 30-60 sec without bouncing.	5-10 min

HOW TO PROGRESS

Do not make every variable harder at once. Progress one thing at a time: slightly more resistance, 1-2 more repetitions, one additional round, a longer cardio duration, or a slightly faster pace.

Heavy lifting: If you complete every prescribed rep with clean technique and still have 2-3 good reps available, increase the load slightly the next time that exercise appears.

Circuits: First improve form and complete all rounds. Then increase repetitions or resistance. Speed is the last variable to increase.

Cardio: Build duration before intensity when establishing a base. During interval months, improve the consistency of each hard effort rather than making the first interval extremely fast.

Deload weeks: Some fourth weeks intentionally reduce volume. Do not skip the deload because you feel good; recovery helps prepare you for the next block.

YEAR AT A GLANCE

MONTH	FOCUS	WHAT YOU ARE TRYING TO BUILD
January	Mobility, core, stability, negatives, cardio, light bodyweight	Movement quality, aerobic base, control.
February	Heavy lifting I	Foundational strength and lifting technique.
March	Heavy lifting II	Progressive strength.
April	Core, stability, negatives, heavy cardio	Conditioning and recovery from heavy loading.
May	Bodyweight	Relative strength and work capacity.
June	Elastic bands	Resistance endurance and control.
July	Dumbbells	Loaded full-body strength endurance.
August	Combination I	Integrate bodyweight, bands, dumbbells.
September	Combination II	Increase mixed-method work capacity.
October	Heavy lifting III	Return to strength with a higher baseline.
November	Power + quickness I	Explosive strength and speed.
December	Power + quickness II	Power performance, then year-end recovery.

JANUARY - RESET, CORE & CONTROL

WHY THIS MONTH EXISTS: Source focus: stretching, core, stability, negative/eccentric movements, cardio, and light bodyweight work.

4-WEEK PROGRESSION:

- Week 1: perform 2 sets/rounds on Days 1, 3, and 5 if needed.
- Week 2: use the full written prescription.
- Week 3: add 5 minutes to Days 2 and 6 cardio OR add 5 sec to planks.
- Week 4: keep Week 2 volume and focus on smoother technique.

DAY 1 - BODYWEIGHT CONTROL

Warm-up: Easy cardio 2 min | Arm circles 30 sec each direction | Leg swings 10 each | Bodyweight squats 10 | Walking lunges 6 each

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Tempo Squat	3 x 8	Lower for 4 sec; stand normally.
Incline or Regular Push-Up	3 x 8	Lower for 4 sec; keep body straight.
Reverse Lunge	3 x 8 each	Step back under control; front knee tracks over foot.
Glute Bridge	3 x 12	Pause 1 sec at the top.
Dead Bug	3 x 10 each	Keep lower back controlled.
Plank	3 x 30-45 sec	Brace; do not let hips sag.

Cardio / finisher: 15-20 min easy-moderate cardio, 5-6/10.

Cooldown / stretching: Quads, hip flexors, chest, shoulders, glutes: 30-45 sec each.

DAY 2 - AEROBIC BASE + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	Choose walk, jog, bike, elliptical, row, swim, Versa bike, or similar.
Mobility Flow	10-15 min	Hip flexor stretch, hamstring stretch, calf stretch, chest stretch, thoracic rotation.

Cardio / finisher: Keep cardio conversational, about 4-5/10.

Cooldown / stretching: Mobility is the cooldown.

DAY 3 - STABILITY + NEGATIVES

Warm-up: Easy cardio 2 min | Hip hinges 10 | Bird dogs 6 each | Arm X swings 30 sec

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Split Squat	3 x 8 each	Lower for 3 sec.
Negative Push-Up	3 x 6-8	Take 4 sec to lower; reset at top if needed.
Single-Leg Glute Bridge	3 x 8 each	Keep hips level.
Bird Dog	3 x 10 each	Reach long; avoid rotating.
Side Plank	3 x 20-30 sec each	Straight line shoulder to ankle/knee.
Slow Calf Raise	3 x 12	3 sec lowering.

Cardio / finisher: 10 min easy cardio.

Cooldown / stretching: Lower body + chest/shoulder stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: No formal warm-up required

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Easy Walk / Swim	20-30 min optional	Recovery pace only.
Mobility	10 min optional	Gentle, pain-free range.

Cardio / finisher: No hard cardio.

Cooldown / stretching: Relaxed stretching only.

DAY 5 - FULL-BODY CIRCUIT

Warm-up: Easy cardio 3 min | Squats 10 | Push-ups 5 | Alternating lunges 5 each | High knees 20 sec

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Air Squat	15 reps	Controlled depth.
Push-Up	10 reps	Modify incline if needed.
Alternating Lunge	10 each	Smooth steps.
Mountain Climbers	30 sec	Controlled rhythm.
Sit-Up	12 reps	Do not yank the neck.
Plank	45 sec	Brace.

Cardio / finisher: Complete 3 rounds. Rest 15-30 sec between exercises and 60-90 sec between rounds. Then 10-15 min moderate cardio.

Cooldown / stretching: 5-10 min full-body stretch.

DAY 6 - LONG EASY CARDIO

Warm-up: Easy version of chosen cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	35-45 min	Keep pace sustainable.

Cardio / finisher: 4-6/10 effort.

Cooldown / stretching: 10 min stretching.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Complete Rest	-	No structured training required.

Cardio / finisher: Optional easy walk only.

Cooldown / stretching: Optional gentle mobility.

FEBRUARY - HEAVY STRENGTH I

WHY THIS MONTH EXISTS: Source focus: heavyweight lifting with at least 3 cardio exposures and stretching each day.

4-WEEK PROGRESSION:

- Week 1: establish working loads; leave 2-3 good reps in reserve.
- Week 2: add 2.5-5% only when all sets are clean.
- Week 3: maintain load or add 1 rep to accessory exercises.
- Week 4: deload - reduce total lifting sets by about 25%.

DAY 1 - LOWER STRENGTH

Warm-up: Easy cardio 5 min | Bodyweight squat 10 | Hip hinge 10 | Walking lunge 6 each | 2-3 light squat warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Back Squat	4 x 5	Rest 2-3 min. Use controlled depth.
Romanian Deadlift	3 x 6-8	Rest 90 sec. Hinge; keep load close.
Walking Lunge	3 x 8 each	Rest 60-90 sec.
Calf Raise	3 x 12	Pause at top.
Plank	3 x 45 sec	Brace.

Cardio / finisher: Optional 10-15 min easy cardio.

Cooldown / stretching: Quads, hamstrings, calves, hips 5-10 min.

DAY 2 - UPPER STRENGTH

Warm-up: Easy cardio 5 min | Arm circles | Band pull-aparts 15 | Push-ups 5-8 | 2-3 light bench warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Bench Press	4 x 5	Rest 2-3 min.
Bent-Over or Supported Row	4 x 6	Rest 90 sec.
Overhead Press	3 x 6	Rest 90 sec.
Lat Pulldown / Pull-Up	3 x 6-8	Controlled full range.
Farmer Carry	3 x 30-40 sec	Walk tall with controlled load.

Cardio / finisher: 15-20 min easy cardio.

Cooldown / stretching: Chest, shoulders, lats 5-10 min.

DAY 3 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10 effort.
Mobility	10-15 min	Hips, ankles, thoracic spine, shoulders.

Cardio / finisher: This is cardio exposure #2 if Days 1-2 include post-lift cardio.

Cooldown / stretching: Mobility completes the session.

DAY 4 - LOWER STRENGTH

Warm-up: Easy cardio 5 min | Glute bridge 10 | Hip hinge 10 | Split squat 6 each | 2-3 light deadlift warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Deadlift	4 x 4-5	Rest 2-3 min. Stop before form breaks.
Front Squat or Heavy Goblet Squat	3 x 6	Rest 90 sec.
Step-Up	3 x 8 each	Drive through full foot.
Hip Thrust	3 x 8	Pause at top.
Side Plank	3 x 30 sec each	Brace.

Cardio / finisher: Optional 10 min easy cardio.

Cooldown / stretching: Hamstrings, glutes, hips 5-10 min.

DAY 5 - UPPER STRENGTH

Warm-up: Easy cardio 5 min | Arm X swings | Band rows 15 | Light DB press 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Incline Press	4 x 6	Rest 90 sec.
Seated/Cable Row	4 x 6-8	Rest 90 sec.
DB Shoulder Press	3 x 8	Rest 60-90 sec.
Biceps Curl	3 x 10	Controlled.
Triceps Extension	3 x 10	Controlled.

Cardio / finisher: 15-20 min easy cardio.

Cooldown / stretching: Upper-body stretch 5-10 min.

DAY 6 - CARDIO + STRETCH

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-45 min	4-6/10 effort.

Cardio / finisher: Use any approved cardio mode.

Cooldown / stretching: Stretch 10-15 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Complete Rest	-	No hard exercise.

Cardio / finisher: None required.

Cooldown / stretching: Optional gentle mobility.

MARCH - HEAVY STRENGTH II

WHY THIS MONTH EXISTS: Continue the source heavy-lifting focus and build from February.

4-WEEK PROGRESSION:

- Week 1: begin near February Week 3 loads, not heavier automatically.
- Week 2: small load progression if technique is solid.
- Week 3: strongest training week of this block.
- Week 4: deload by reducing load 10-15% OR sets 25-30%.

DAY 1 - LOWER STRENGTH

Warm-up: Easy cardio 5 min | Bodyweight squat 10 | Hip hinge 10 | Walking lunge 6 each | 2-3 light squat warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Back Squat	4 x 5	Rest 2-3 min. Use controlled depth.
Romanian Deadlift	3 x 6-8	Rest 90 sec. Hinge; keep load close.
Walking Lunge	3 x 8 each	Rest 60-90 sec.
Calf Raise	3 x 12	Pause at top.
Plank	3 x 45 sec	Brace.

Cardio / finisher: Optional 10-15 min easy cardio.

Cooldown / stretching: Quads, hamstrings, calves, hips 5-10 min.

DAY 2 - UPPER STRENGTH

Warm-up: Easy cardio 5 min | Arm circles | Band pull-aparts 15 | Push-ups 5-8 | 2-3 light bench warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Bench Press	4 x 5	Rest 2-3 min.
Bent-Over or Supported Row	4 x 6	Rest 90 sec.
Overhead Press	3 x 6	Rest 90 sec.
Lat Pulldown / Pull-Up	3 x 6-8	Controlled full range.
Farmer Carry	3 x 30-40 sec	Walk tall with controlled load.

Cardio / finisher: 15-20 min easy cardio.

Cooldown / stretching: Chest, shoulders, lats 5-10 min.

DAY 3 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10 effort.
Mobility	10-15 min	Hips, ankles, thoracic spine, shoulders.

Cardio / finisher: This is cardio exposure #2 if Days 1-2 include post-lift cardio.

Cooldown / stretching: Mobility completes the session.

DAY 4 - LOWER STRENGTH

Warm-up: Easy cardio 5 min | Glute bridge 10 | Hip hinge 10 | Split squat 6 each | 2-3 light deadlift warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Deadlift	4 x 4-5	Rest 2-3 min. Stop before form breaks.
Front Squat or Heavy Goblet Squat	3 x 6	Rest 90 sec.
Step-Up	3 x 8 each	Drive through full foot.
Hip Thrust	3 x 8	Pause at top.
Side Plank	3 x 30 sec each	Brace.

Cardio / finisher: Optional 10 min easy cardio.

Cooldown / stretching: Hamstrings, glutes, hips 5-10 min.

DAY 5 - UPPER STRENGTH

Warm-up: Easy cardio 5 min | Arm X swings | Band rows 15 | Light DB press 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Incline Press	4 x 6	Rest 90 sec.
Seated/Cable Row	4 x 6-8	Rest 90 sec.
DB Shoulder Press	3 x 8	Rest 60-90 sec.
Biceps Curl	3 x 10	Controlled.
Triceps Extension	3 x 10	Controlled.

Cardio / finisher: 15-20 min easy cardio.

Cooldown / stretching: Upper-body stretch 5-10 min.

DAY 6 - CARDIO + STRETCH

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-45 min	4-6/10 effort.

Cardio / finisher: Use any approved cardio mode.

Cooldown / stretching: Stretch 10-15 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Complete Rest	-	No hard exercise.

Cardio / finisher: None required.

Cooldown / stretching: Optional gentle mobility.

APRIL - CONDITIONING, CORE & STABILITY

WHY THIS MONTH EXISTS: Source focus: stretching, core, stability, negative movements, and heavy cardio.

4-WEEK PROGRESSION:

- Week 1: written plan.
- Week 2: add 1 interval to Day 2.
- Week 3: add 5 min to Day 6 and one round to Day 5 if recovery is good.
- Week 4: return to Week 1 volume.

DAY 1 - CORE + STABILITY

Warm-up: Easy cardio 4 min | Bird dog 6 each | Glute bridge 10 | Bodyweight squat 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Dead Bug	3 x 12 each	Slow and controlled.
Bird Dog	3 x 12 each	No trunk rotation.
Single-Leg Glute Bridge	3 x 10 each	Keep hips level.
Side Plank	3 x 30-45 sec each	Brace.
Tempo Squat	3 x 10	4 sec lowering.

Cardio / finisher: 25 min moderate cardio, 6/10.

Cooldown / stretching: 10 min mobility.

DAY 2 - CARDIO INTERVALS

Warm-up: 10 min easy progressive cardio

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Intervals	8 rounds	1 min hard at 8/10 + 2 min easy at 4/10.

Cardio / finisher: After 8 rounds, cool down 5 min.

Cooldown / stretching: Stretch calves, quads, hips 10 min.

DAY 3 - ECCENTRIC BODYWEIGHT

Warm-up: Easy cardio 3 min | Arm circles | Leg swings | Squats 8

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Negative Push-Up	3 x 8	4 sec lowering.
Split Squat	3 x 10 each	3 sec lowering.
Slow Hip Hinge	3 x 12	3 sec lowering.
Triceps Dip	3 x 10	3 sec lowering.
Calf Raise	3 x 15	3 sec lowering.

Cardio / finisher: 15 min easy cardio.

Cooldown / stretching: 5-10 min stretch.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Easy Walk / Swim	20-30 min optional	Recovery only.
Mobility	10 min	Gentle.

Cardio / finisher: No hard cardio.

Cooldown / stretching: Mobility.

DAY 5 - CORE CONDITIONING CIRCUIT

Warm-up: Easy cardio 4 min | High knees 20 sec | Air squats 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Mountain Climbers	30 sec	Controlled fast rhythm.
Sit-Ups	15 reps	Smooth.
Plank	45 sec	Brace.
Air Squats	15 reps	Controlled.
Skater Hops	30 sec	Land softly.

Cardio / finisher: 4 rounds; rest 60-90 sec between rounds. Then 20 min moderate cardio.

Cooldown / stretching: 10 min stretch.

DAY 6 - LONG CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	45-60 min	4-6/10.

Cardio / finisher: Choose one cardio mode.

Cooldown / stretching: 10 min stretch.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.

Cooldown / stretching: Optional mobility.

MAY - BODYWEIGHT CAPACITY

WHY THIS MONTH EXISTS: Source focus: bodyweight, cardio, and stretching each day.

4-WEEK PROGRESSION:

- Week 1: 3 rounds on Days 1/3 and 16-minute AMRAP.
- Week 2: full written plan.
- Week 3: add 2 reps to bodyweight movements OR 1 round to one circuit.
- Week 4: repeat Week 2 and improve quality.

DAY 1 - PUSH + LEGS

Warm-up: Easy cardio 4 min | Squats 10 | Push-ups 5 | Lunges 5 each

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Push-Ups	10-15	Modify incline if needed.
Air Squats	20	Controlled depth.
Reverse Lunges	10 each	Step back smoothly.
Triceps Dips	10-12	Shoulders controlled.
Plank	45 sec	Brace.

Cardio / finisher: 4 rounds; rest 60-90 sec between rounds. Finish 15-20 min cardio.

Cooldown / stretching: 5-10 min stretch.

DAY 2 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10.
Mobility	10 min	Hips, chest, shoulders, calves.

Cardio / finisher: Steady cardio.

Cooldown / stretching: Mobility.

DAY 3 - POSTERIOR + CORE

Warm-up: Easy cardio 3 min | Bird dogs 6 each | Glute bridge 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Prone Y-T-W	8 each position	Slow shoulder control.
Superman	12	Pause briefly.
Glute Bridge	15	Squeeze at top.
V-Up or Sit-Up	12	Choose manageable version.
Mountain Climbers	30 sec	Controlled.
Side Plank	30 sec each	Brace.

Cardio / finisher: 4 rounds. Then 10 min easy cardio.

Cooldown / stretching: 5-10 min stretch.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Walk + Mobility	20-30 min optional	Easy only.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.

DAY 5 - BODYWEIGHT AMRAP

Warm-up: Easy cardio 5 min | Squats 10 | Push-ups 5 | Lunges 5 each

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Push-Ups	10 per round	Quality reps.
Air Squats	15 per round	Controlled.
Lunges	10 each per round	Smooth.
Sit-Ups	10 per round	Controlled.
Burpees	6 per round	Step-back modification allowed.

Cardio / finisher: Set a 20-minute clock. Repeat the list in order for as many QUALITY rounds as possible. Rest whenever needed.**Cooldown / stretching:** 5-10 min cooldown/stretch.

DAY 6 - CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	35-50 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

JUNE - ELASTIC BAND RESISTANCE

WHY THIS MONTH EXISTS: Source focus: elastic bands, cardio, and stretching each day.

4-WEEK PROGRESSION:

- Week 1: moderate band resistance.
- Week 2: stronger band OR +2 reps.
- Week 3: add a fifth round to one primary workout.
- Week 4: return to 4 rounds and focus on control.

DAY 1 - BAND PUSH + SQUAT

Warm-up: Easy cardio 4 min | Band pull-aparts 15 | Squats 10 | Arm circles

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Band Chest Press	12	Controlled return.
Band Squat	15	Keep band tension.
Band Shoulder Press	12	Ribs controlled.
Band Triceps Extension	12	Full controlled range.
Plank	45 sec	Brace.

Cardio / finisher: 4 rounds; 60-90 sec between rounds. Finish 15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 2 - CARDIO + STRETCH

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10.

Cardio / finisher: Steady.

Cooldown / stretching: Stretch 10 min.

DAY 3 - BAND PULL + HINGE

Warm-up: Easy cardio 3 min | Hip hinge 10 | Band rows 10 light

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Band Row	15	Squeeze shoulder blades.
Band Deadlift	12	Hinge, stand tall.
Band Biceps Curl	12	Elbows controlled.
Band Pull-Apart	15	Do not shrug.
Glute Bridge	15	Pause at top.
Dead Bug	10 each	Slow.

Cardio / finisher: 4 rounds. Finish 10-15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Walk + Mobility	20-30 min optional	Easy.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.**DAY 5 - BAND FULL BODY****Warm-up:** Easy cardio 4 min | Squats 10 | Band row 10 light | High knees 20 sec

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Band Goblet Squat	12	Controlled.
Standing Band Chest Press	12	Stable stance.
Seated/Standing Band Row	12	Controlled return.
Reverse Lunge	10 each	Bodyweight or light band.
Band Shoulder Press	10	Controlled.
Mountain Climbers	30 sec	Steady rhythm.

Cardio / finisher: 4 rounds. Then 10 min cardio: 30 sec moderate / 30 sec easy.**Cooldown / stretching:** Stretch 5-10 min.**DAY 6 - CARDIO****Warm-up:** Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	35-50 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.**DAY 7 - OFF****Warm-up: -**

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

JULY - DUMBBELL STRENGTH ENDURANCE

WHY THIS MONTH EXISTS: Source focus: dumbbells, cardio, and stretching each day.

4-WEEK PROGRESSION:

- Week 1: conservative weights.
- Week 2: small load increase if all reps are clean.
- Week 3: add one round to Day 5 OR small load progression.
- Week 4: use written volume and improve execution.

DAY 1 - LEGS + PUSH

Warm-up: Easy cardio 5 min | Squats 10 | Lunges 5 each | Light DB press 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Goblet Squat	4 x 10	60-90 sec rest.
DB Chest Press	4 x 10	Controlled.
Reverse Lunge	3 x 10 each	Hold DBs if appropriate.
DB Shoulder Press	3 x 10	Controlled.
Calf Raise	3 x 15	Pause.
Plank	3 x 45 sec	Brace.

Cardio / finisher: 15 min moderate cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 2 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10.

Cardio / finisher: Steady.

Cooldown / stretching: Mobility 10 min.

DAY 3 - PULL + HINGE

Warm-up: Easy cardio 4 min | Hip hinge 10 | Light DB row 8 each

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Deadlift	4 x 10	90 sec rest.
One-Arm DB Row	4 x 10 each	Support torso if needed.
Hammer Curl	3 x 10	Controlled.
Rear Delt Fly	3 x 10	Light load.
Glute Bridge	3 x 15	Pause.
V-Ups / Sit-Ups	3 x 10	Choose appropriate version.

Cardio / finisher: 10-15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Walk + Mobility	20-30 min optional	Easy.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.

DAY 5 - DUMBBELL FULL BODY

Warm-up: Easy cardio 5 min | Squats 10 | Push-ups 5 | Hip hinge 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Thruster	10	Squat into press.
Bent-Over DB Row	10	Controlled.
Split Lunge	8 each	Stable stance.
DB Chest Press	10	Controlled.
DB Romanian Deadlift	10	Hinge.
Russian Twist	10 each	Controlled rotation.

Cardio / finisher: 4 rounds; rest 60-90 sec. Finish 10 min intervals: 30 sec hard / 30 sec easy.**Cooldown / stretching:** Stretch 5-10 min.

DAY 6 - CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	35-50 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

AUGUST - INTEGRATION I

WHY THIS MONTH EXISTS: Source focus: combination of May, June, and July methods.

4-WEEK PROGRESSION:

- Week 1: written volume.
- Week 2: +2 reps to bodyweight/band exercises.
- Week 3: slightly increase DB or band resistance.
- Week 4: maintain resistance and improve control.

DAY 1 - MIXED STRENGTH A

Warm-up: Easy cardio 5 min | Squats 10 | Band rows 10 | Light DB hinges 8

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Goblet Squat	10	Controlled.
Push-Ups	12	Modify if needed.
Band Row	15	Squeeze.
DB Romanian Deadlift	10	Hinge.
Band Shoulder Press	12	Controlled.
Plank	45 sec	Brace.

Cardio / finisher: 4 rounds; 60-90 sec rest. Finish 15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 2 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10.

Cardio / finisher: Steady.

Cooldown / stretching: Mobility 10 min.

DAY 3 - MIXED STRENGTH B

Warm-up: Easy cardio 4 min | Lunges 5 each | Band pull-aparts 15 | Light DB press 8

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Chest Press	10	Controlled.
Band Squat	15	Tension throughout.
Reverse Lunge	10 each	Bodyweight or DB.
One-Arm DB Row	10 each	Controlled.
Band Curl	12	Controlled.
Mountain Climbers	30 sec	Steady.

Cardio / finisher: 4 rounds. Finish 10-15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Walk + Mobility	20-30 min optional	Easy.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.

DAY 5 - MIXED CONDITIONING

Warm-up: Easy cardio 5 min | Squats 10 | Push-ups 5 | Hip hinge 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Thruster	8	Controlled power.
Push-Up	10	Quality.
Band Row	12	Controlled.
Air Squat	15	Steady.
DB Deadlift	10	Hinge.
Burpee	6	Modify step-back if needed.

Cardio / finisher: 4 rounds; rest 60-90 sec. Then 12 min cardio intervals: 30 sec hard / 30 sec easy.**Cooldown / stretching:** Stretch 5-10 min.

DAY 6 - LONG CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	40-55 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

SEPTEMBER - INTEGRATION II

WHY THIS MONTH EXISTS: Continue the source combination of bodyweight, bands, and dumbbells.

4-WEEK PROGRESSION:

- Week 1: start at August's comfortable final loads.
- Week 2: progress one variable.
- Week 3: add a fifth round to Day 5 only if recovery is good.
- Week 4: deload to 3 rounds on circuit days.

DAY 1 - MIXED STRENGTH A

Warm-up: Easy cardio 5 min | Squats 10 | Band rows 10 | Light DB hinges 8

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Goblet Squat	10	Controlled.
Push-Ups	12	Modify if needed.
Band Row	15	Squeeze.
DB Romanian Deadlift	10	Hinge.
Band Shoulder Press	12	Controlled.
Plank	45 sec	Brace.

Cardio / finisher: 4 rounds; 60-90 sec rest. Finish 15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 2 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10.

Cardio / finisher: Steady.

Cooldown / stretching: Mobility 10 min.

DAY 3 - MIXED STRENGTH B

Warm-up: Easy cardio 4 min | Lunges 5 each | Band pull-aparts 15 | Light DB press 8

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Chest Press	10	Controlled.
Band Squat	15	Tension throughout.
Reverse Lunge	10 each	Bodyweight or DB.
One-Arm DB Row	10 each	Controlled.
Band Curl	12	Controlled.
Mountain Climbers	30 sec	Steady.

Cardio / finisher: 4 rounds. Finish 10-15 min cardio.

Cooldown / stretching: Stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Walk + Mobility	20-30 min optional	Easy.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.

DAY 5 - MIXED CONDITIONING

Warm-up: Easy cardio 5 min | Squats 10 | Push-ups 5 | Hip hinge 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
DB Thruster	8	Controlled power.
Push-Up	10	Quality.
Band Row	12	Controlled.
Air Squat	15	Steady.
DB Deadlift	10	Hinge.
Burpee	6	Modify step-back if needed.

Cardio / finisher: 4 rounds; rest 60-90 sec. Then 12 min cardio intervals: 30 sec hard / 30 sec easy.**Cooldown / stretching:** Stretch 5-10 min.

DAY 6 - LONG CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	40-55 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

OCTOBER - HEAVY STRENGTH III

WHY THIS MONTH EXISTS: Source focus: heavyweight lifting with at least 3 cardio exposures and daily stretching.

4-WEEK PROGRESSION:

- Week 1: establish current loads; do not assume March numbers.
- Week 2: small progression.
- Week 3: strongest strength week.
- Week 4: reduce volume 25-30%.

DAY 1 - LOWER STRENGTH

Warm-up: Easy cardio 5 min | Bodyweight squat 10 | Hip hinge 10 | Walking lunge 6 each | 2-3 light squat warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Back Squat	4 x 5	Rest 2-3 min. Use controlled depth.
Romanian Deadlift	3 x 6-8	Rest 90 sec. Hinge; keep load close.
Walking Lunge	3 x 8 each	Rest 60-90 sec.
Calf Raise	3 x 12	Pause at top.
Plank	3 x 45 sec	Brace.

Cardio / finisher: Optional 10-15 min easy cardio.

Cooldown / stretching: Quads, hamstrings, calves, hips 5-10 min.

DAY 2 - UPPER STRENGTH

Warm-up: Easy cardio 5 min | Arm circles | Band pull-aparts 15 | Push-ups 5-8 | 2-3 light bench warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Bench Press	4 x 5	Rest 2-3 min.
Bent-Over or Supported Row	4 x 6	Rest 90 sec.
Overhead Press	3 x 6	Rest 90 sec.
Lat Pulldown / Pull-Up	3 x 6-8	Controlled full range.
Farmer Carry	3 x 30-40 sec	Walk tall with controlled load.

Cardio / finisher: 15-20 min easy cardio.

Cooldown / stretching: Chest, shoulders, lats 5-10 min.

DAY 3 - CARDIO + MOBILITY

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-40 min	5-6/10 effort.
Mobility	10-15 min	Hips, ankles, thoracic spine, shoulders.

Cardio / finisher: This is cardio exposure #2 if Days 1-2 include post-lift cardio.

Cooldown / stretching: Mobility completes the session.

DAY 4 - LOWER STRENGTH

Warm-up: Easy cardio 5 min | Glute bridge 10 | Hip hinge 10 | Split squat 6 each | 2-3 light deadlift warm-up sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Deadlift	4 x 4-5	Rest 2-3 min. Stop before form breaks.
Front Squat or Heavy Goblet Squat	3 x 6	Rest 90 sec.
Step-Up	3 x 8 each	Drive through full foot.
Hip Thrust	3 x 8	Pause at top.
Side Plank	3 x 30 sec each	Brace.

Cardio / finisher: Optional 10 min easy cardio.

Cooldown / stretching: Hamstrings, glutes, hips 5-10 min.

DAY 5 - UPPER STRENGTH

Warm-up: Easy cardio 5 min | Arm X swings | Band rows 15 | Light DB press 10

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Incline Press	4 x 6	Rest 90 sec.
Seated/Cable Row	4 x 6-8	Rest 90 sec.
DB Shoulder Press	3 x 8	Rest 60-90 sec.
Biceps Curl	3 x 10	Controlled.
Triceps Extension	3 x 10	Controlled.

Cardio / finisher: 15-20 min easy cardio.

Cooldown / stretching: Upper-body stretch 5-10 min.

DAY 6 - CARDIO + STRETCH

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-45 min	4-6/10 effort.

Cardio / finisher: Use any approved cardio mode.

Cooldown / stretching: Stretch 10-15 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Complete Rest	-	No hard exercise.

Cardio / finisher: None required.

Cooldown / stretching: Optional gentle mobility.

NOVEMBER - POWER & QUICKNESS I

WHY THIS MONTH EXISTS: Source focus: explosive work and quickness, including power cleans and thrusters.

4-WEEK PROGRESSION:

- Week 1: conservative loads; prioritize technique and speed.
- Week 2: small load increase only if reps remain fast.
- Week 3: maintain load and improve crispness.
- Week 4: reduce power sets by 25%.

DAY 1 - LOWER POWER

Warm-up: Easy cardio 5 min | Dynamic lunges 6 each | Bodyweight squats 10 | Hip hinge 10 | 3-4 progressive light clean sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Power Clean	5 x 3	Fast, technically clean reps; rest 2 min.
Front Squat	4 x 5	Rest 2 min.
Box Jump	4 x 5	Full reset between reps; land softly.
Romanian Deadlift	3 x 6	Controlled strength work.
Plank	3 x 45 sec	Brace.

Cardio / finisher: 10-15 min easy cardio.

Cooldown / stretching: Lower-body stretch 5-10 min.

DAY 2 - QUICKNESS + CARDIO

Warm-up: Easy cardio 5 min | High knees 2 x 20 sec | Lateral shuffle 2 x 20 sec | 3 progressive accelerations

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Fast Cardio Effort	6 x 20 sec	20 sec fast, then 70 sec easy.
Lateral Shuffle	5 x 20 sec	Stay low; change direction under control.
Skater Hop	4 x 20 sec	Land and control.

Cardio / finisher: Then 20 min easy cardio.

Cooldown / stretching: Calves, hips, hamstrings 10 min.

DAY 3 - UPPER / TOTAL POWER

Warm-up: Easy cardio 5 min | Arm circles | Push-ups 5 | Light presses | 2-3 light thruster sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Thruster	5 x 5	Explosive but controlled; rest 2 min.
Push Press	4 x 5	Drive through legs.
Bent-Over Row	4 x 6	Controlled strength.
Explosive or Fast Push-Up	4 x 5	Use regular fast push-up if explosive version is inappropriate.
Farmer Carry	3 x 30 sec	Tall posture.

Cardio / finisher: 10 min easy cardio.

Cooldown / stretching: Upper-body stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Mobility + Easy Walk/Swim	20-30 min optional	Recovery only.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.

DAY 5 - FULL-BODY POWER CIRCUIT

Warm-up: Easy cardio 5 min | Squats 10 | High knees 20 sec | Light clean practice

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Hang Clean	5 reps	Crisp technique.
Thruster	6 reps	Controlled power.
Jump Squat	8 reps	Land softly.
Push-Up	10 reps	Quality.
Reverse Lunge	8 each	Controlled.
Mountain Climbers	30 sec	Fast but stable.

Cardio / finisher: 4 rounds. Rest 90 sec between rounds. Do not rush the Olympic-style lifts.**Cooldown / stretching:** Stretch 10 min.

DAY 6 - CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-45 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

DECEMBER - POWER & QUICKNESS II

WHY THIS MONTH EXISTS: Continue the source explosive/quickness block and finish the year with controlled performance.

4-WEEK PROGRESSION:

- Week 1: resume near November Week 3 volume.
- Week 2: small progression.
- Week 3: final performance week.
- Week 4: reduce total volume 40-50%; keep movements fast and clean.

DAY 1 - LOWER POWER

Warm-up: Easy cardio 5 min | Dynamic lunges 6 each | Bodyweight squats 10 | Hip hinge 10 | 3-4 progressive light clean sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Power Clean	5 x 3	Fast, technically clean reps; rest 2 min.
Front Squat	4 x 5	Rest 2 min.
Box Jump	4 x 5	Full reset between reps; land softly.
Romanian Deadlift	3 x 6	Controlled strength work.
Plank	3 x 45 sec	Brace.

Cardio / finisher: 10-15 min easy cardio.

Cooldown / stretching: Lower-body stretch 5-10 min.

DAY 2 - QUICKNESS + CARDIO

Warm-up: Easy cardio 5 min | High knees 2 x 20 sec | Lateral shuffle 2 x 20 sec | 3 progressive accelerations

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Fast Cardio Effort	6 x 20 sec	20 sec fast, then 70 sec easy.
Lateral Shuffle	5 x 20 sec	Stay low; change direction under control.
Skater Hop	4 x 20 sec	Land and control.

Cardio / finisher: Then 20 min easy cardio.

Cooldown / stretching: Calves, hips, hamstrings 10 min.

DAY 3 - UPPER / TOTAL POWER

Warm-up: Easy cardio 5 min | Arm circles | Push-ups 5 | Light presses | 2-3 light thruster sets

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Thruster	5 x 5	Explosive but controlled; rest 2 min.
Push Press	4 x 5	Drive through legs.
Bent-Over Row	4 x 6	Controlled strength.
Explosive or Fast Push-Up	4 x 5	Use regular fast push-up if explosive version is inappropriate.
Farmer Carry	3 x 30 sec	Tall posture.

Cardio / finisher: 10 min easy cardio.

Cooldown / stretching: Upper-body stretch 5-10 min.

DAY 4 - RECOVERY

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Mobility + Easy Walk/Swim	20-30 min optional	Recovery only.

Cardio / finisher: None.**Cooldown / stretching:** Gentle.

DAY 5 - FULL-BODY POWER CIRCUIT

Warm-up: Easy cardio 5 min | Squats 10 | High knees 20 sec | Light clean practice

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Hang Clean	5 reps	Crisp technique.
Thruster	6 reps	Controlled power.
Jump Squat	8 reps	Land softly.
Push-Up	10 reps	Quality.
Reverse Lunge	8 each	Controlled.
Mountain Climbers	30 sec	Fast but stable.

Cardio / finisher: 4 rounds. Rest 90 sec between rounds. Do not rush the Olympic-style lifts.**Cooldown / stretching:** Stretch 10 min.

DAY 6 - CARDIO

Warm-up: Easy cardio 5 min

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Steady Cardio	30-45 min	4-6/10.

Cardio / finisher: Choose one mode.**Cooldown / stretching:** Stretch 10 min.

DAY 7 - OFF

Warm-up: -

EXERCISE	SETS / REPS / TIME	HOW TO DO IT
Rest	-	Complete rest.

Cardio / finisher: None.**Cooldown / stretching:** Optional mobility.

CARDIO SUBSTITUTION GUIDE

The source plan allows elliptical, bike, jogging, walking, jump rope, rowing machine, Versa bike, and swimming. When a workout gives a duration instead of a distance, any of these can be substituted by matching the intended effort.

IF THE PLAN SAYS	MATCH IT WITH
Easy 20-30 min	Any mode at 4-5/10 effort.
Moderate 30-45 min	Any mode at about 6/10.
Hard interval	Use bike, rower, Versa bike, run, elliptical, swim, or jump rope. Match work/rest timing.
100-200 m sprint	If not running, use roughly 20-45 sec of hard work depending on fitness level, followed by enough recovery to repeat quality effort.
Long cardio 45-60 min	Prefer lower-impact options when joints or recovery need a break.

WHAT TO RECORD

At the end of each week, record: (1) weights or band resistance used, (2) rounds/ reps completed, (3) cardio duration or benchmark, (4) session effort from 1-10, and (5) any exercise you had to modify. This makes progression deliberate instead of random.

MONTH	MAIN STRENGTH / RESISTANCE	CARDIO RESULT	EFFORT / RECOVERY	NOTES
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				

WHEN TO SCALE BACK

Reduce the next workout's load, rounds, or intensity when performance drops sharply for several sessions, soreness is not resolving, sleep/recovery is poor, or technique repeatedly breaks down. A planned easier day is more useful than forcing poor-quality work.

Evolve First principle: The year intentionally changes emphasis. January and April rebuild movement and conditioning; the strength blocks build force; May through September develop different forms of work capacity; and November-December turn that foundation toward power and quickness. The goal is not to train maximally every month - it is to keep developing without losing the qualities already built.