



EVOLVE FIRST

TRAINING SERIES 03

THE STEADY BUILD

90 DAYS. CLEAR WORK. REAL PROGRESS.

A progressive 90-day program with exact rounds, repetitions, timing, exercise order, finishers, and recovery days.

EVOLVE FIRST

TRAIN WITH PURPOSE / TRACK THE WORK / KEEP EVOLVING



EVOLVE FIRST

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READ THIS FIRST: HOW TO DO EVERY WORKOUT

- 1. Warm-up.** Perform every listed warm-up movement for **30 seconds**. Complete the entire warm-up list **2 rounds** when you are newer or short on time, or **3 rounds** when you are ready for more preparation. Move continuously but do not turn the warm-up into a max-effort workout.
- 2. Timed circuit.** When a workout says 20 sec ON / 40 sec OFF, 30/30, or 40/20, perform **as many controlled repetitions as you can during the ON period**. There is no fixed rep target. Rest for the full OFF period, then move to the next exercise. Completing every listed exercise once equals **1 round**.
- 3. Rep-based circuit.** When a workout says 3 rounds x 10 reps, perform 10 controlled reps of Exercise 1, then 10 of Exercise 2, and continue through the list. That entire list equals 1 round. Repeat until all rounds are complete.
- 4. Between exercises and rounds.** For rep-based workouts, use about **15-30 seconds between exercises** as needed and **60-90 seconds between rounds**. For timed circuits, the written OFF interval is your primary rest; take up to 60 additional seconds after a full round if needed to maintain form. These rest guidelines are Evolve First usability clarifications added to the original structure.
- 5. Finisher.** Complete the main workout first. Then choose **ONE** of the two listed finisher options. You do not have to complete both.
- 6. Recovery day.** OFF means no hard training. Easy walking and gentle mobility are fine. Recovery is part of the program.
- 7. Repetitions per side.** For clearly alternating single-side exercises, the listed rep target means **each side** unless the exercise naturally alternates continuously during a timed interval.
- 8. Resistance.** Use a band or dumbbell load that lets you finish the prescribed work with good form. The goal is progression, not simply using the heaviest resistance possible.

FORMAT	WHAT YOU ACTUALLY DO
20 sec ON / 40 sec OFF	Work 20 sec -> rest 40 sec -> next exercise. Complete all exercises = 1 round.
30 sec ON / 30 sec OFF	Work 30 sec -> rest 30 sec -> next exercise. Complete all exercises = 1 round.
40 sec ON / 20 sec OFF	Work 40 sec -> rest 20 sec -> next exercise. Complete all exercises = 1 round.
3 rounds x 10 reps	10 reps of every listed exercise = 1 round. Rest 60-90 sec, then repeat.
Finisher: choose one	Pick Option A OR Option B after the main workout.

PHASE 1 - BODYWEIGHT FOUNDATION | DAYS 1-28

Four workout days each week: Days 1, 3, 5, and 7. Days 2, 4, and 6 are recovery days. The work interval increases across the phase so the same movement patterns become progressively harder.

WEEK 1 - LEVEL 1

DAY 1 - FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Side Shuffle Right & Left, Arm X In & Out, Up, Over, Under Right & Left.

Main workout: 3 rounds; 20 sec ON / 40 sec OFF.

ORDER	EXERCISE	TARGET
1	Incline Push-Ups	Work for the full ON interval; controlled reps
2	Bicycle Crunches	Work for the full ON interval; controlled reps
3	Glute Bridge	Work for the full ON interval; controlled reps
4	Triceps Dips	Work for the full ON interval; controlled reps
5	Wall Sit	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jog 20 sec / walk 40 sec for 6 min OR B) Bike: hard 20 sec / easy 40 sec for 9 min

DAY 2 - RECOVERY. No hard workout.

DAY 3 - CONTROL + LEGS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Rotation Toe Touches, Standing Leg Swings Left & Right, Standing Good Mornings.

Main workout: 3 rounds; 20 sec ON / 40 sec OFF.

ORDER	EXERCISE	TARGET
1	Alternating Kneeling Bird Dogs	Work for the full ON interval; controlled reps
2	Push-Up Position Shoulder Taps	Work for the full ON interval; controlled reps
3	Skater Hops	Work for the full ON interval; controlled reps
4	Push-Up Position T-Rotations	Work for the full ON interval; controlled reps
5	Air Squats	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Stairs: 3 rounds (up/down 4 levels = 1 set) OR B) Jump rope: 3 x 30 sec

DAY 4 - RECOVERY. No hard workout.

DAY 5 - SHORT CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, High Knees.

Main workout: 3 rounds; 20 sec ON / 40 sec OFF.

ORDER	EXERCISE	TARGET
1	Froggers	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 2 x 100 m sprints OR B) Row 400 m

DAY 6 - RECOVERY. No hard workout.

DAY 7 - FULL BODY CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Up, Over, Under Right & Left, Butt Kicks, High Knees, Walking Hamstring Stretch.

Main workout: 3 rounds; 20 sec ON / 40 sec OFF.

ORDER	EXERCISE	TARGET
1	Squat Jacks	Work for the full ON interval; controlled reps
2	Sit-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges	Work for the full ON interval; controlled reps
4	Plank Ups	Work for the full ON interval; controlled reps
5	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 20/40 for 4 min OR B) Mountain climbers: 20/40 for 4 min

WEEK 2 - LEVEL 2

DAY 1 - FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Side Shuffle Right & Left, Arm X In & Out, Up, Over, Under Right & Left.

Main workout: 3 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Incline Push-Ups	Work for the full ON interval; controlled reps
2	Bicycle Crunches	Work for the full ON interval; controlled reps
3	Glute Bridge	Work for the full ON interval; controlled reps
4	Triceps Dips	Work for the full ON interval; controlled reps
5	Wall Sit	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jog 30 sec / walk 30 sec for 8 min OR B) Bike: hard 30 sec / easy 30 sec for 12 min

DAY 2 - RECOVERY. No hard workout.

DAY 3 - CONTROL + LEGS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Rotation Toe Touches, Standing Leg Swings Left & Right, Standing Good Mornings.

Main workout: 3 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Alternating Kneeling Bird Dogs	Work for the full ON interval; controlled reps
2	Push-Up Position Shoulder Taps	Work for the full ON interval; controlled reps
3	Skater Hops	Work for the full ON interval; controlled reps
4	Push-Up Position T-Rotations	Work for the full ON interval; controlled reps
5	Air Squats	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Stairs: 4 rounds OR B) Jump rope: 4 x 40 sec

DAY 4 - RECOVERY. No hard workout.

DAY 5 - SHORT CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, High Knees.

Main workout: 3 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Froggers	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 4 x 100 m sprints OR B) Row 600 m

DAY 6 - RECOVERY. No hard workout.

DAY 7 - FULL BODY CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Up, Over, Under Right & Left, Butt Kicks, High Knees, Walking Hamstring Stretch.

Main workout: 3 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Squat Jacks	Work for the full ON interval; controlled reps
2	Sit-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges	Work for the full ON interval; controlled reps
4	Plank Ups	Work for the full ON interval; controlled reps
5	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 30/30 for 5 min OR B) Mountain climbers: 30/30 for 5 min

WEEK 3 - LEVEL 3

DAY 1 - FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Side Shuffle Right & Left, Arm X In & Out, Up, Over, Under Right & Left.

Main workout: 4 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Incline Push-Ups	Work for the full ON interval; controlled reps
2	Bicycle Crunches	Work for the full ON interval; controlled reps
3	Glute Bridge	Work for the full ON interval; controlled reps
4	Triceps Dips	Work for the full ON interval; controlled reps
5	Wall Sit	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jog 30 sec / walk 30 sec for 10 min OR B) Bike: hard 30 sec / easy 30 sec for 15 min

DAY 2 - RECOVERY. No hard workout.

DAY 3 - CONTROL + LEGS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Rotation Toe Touches, Standing Leg Swings Left & Right, Standing Good Mornings.

Main workout: 4 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Alternating Kneeling Bird Dogs	Work for the full ON interval; controlled reps
2	Push-Up Position Shoulder Taps	Work for the full ON interval; controlled reps
3	Skater Hops	Work for the full ON interval; controlled reps
4	Push-Up Position T-Rotations	Work for the full ON interval; controlled reps
5	Air Squats	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Stairs: 5 rounds OR B) Jump rope: 5 x 50 sec

DAY 4 - RECOVERY. No hard workout.

DAY 5 - SHORT CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, High Knees.

Main workout: 4 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Froggers	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 6 x 100 m sprints OR B) Row 800 m

DAY 6 - RECOVERY. No hard workout.

DAY 7 - FULL BODY CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Up, Over, Under Right & Left, Butt Kicks, High Knees, Walking Hamstring Stretch.

Main workout: 4 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Squat Jacks	Work for the full ON interval; controlled reps
2	Sit-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges	Work for the full ON interval; controlled reps
4	Plank Ups	Work for the full ON interval; controlled reps
5	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 30/30 for 6 min OR B) Mountain climbers: 30/30 for 6 min

WEEK 4 - LEVEL 4

DAY 1 - FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Side Shuffle Right & Left, Arm X In & Out, Up, Over, Under Right & Left.

Main workout: 3 rounds; 40 sec ON / 20 sec OFF.

ORDER	EXERCISE	TARGET
1	Incline Push-Ups	Work for the full ON interval; controlled reps
2	Bicycle Crunches	Work for the full ON interval; controlled reps
3	Glute Bridge	Work for the full ON interval; controlled reps
4	Triceps Dips	Work for the full ON interval; controlled reps
5	Wall Sit	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jog 40 sec / walk 20 sec for 12 min OR B) Bike: hard 40 sec / easy 20 sec for 18 min

DAY 2 - RECOVERY. No hard workout.

DAY 3 - CONTROL + LEGS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Rotation Toe Touches, Standing Leg Swings Left & Right, Standing Good Mornings.

Main workout: 3 rounds; 40 sec ON / 20 sec OFF.

ORDER	EXERCISE	TARGET
1	Alternating Kneeling Bird Dogs	Work for the full ON interval; controlled reps
2	Push-Up Position Shoulder Taps	Work for the full ON interval; controlled reps
3	Skater Hops	Work for the full ON interval; controlled reps
4	Push-Up Position T-Rotations	Work for the full ON interval; controlled reps
5	Air Squats	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Stairs: 6 rounds OR B) Jump rope: 6 x 60 sec

DAY 4 - RECOVERY. No hard workout.

DAY 5 - SHORT CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, High Knees.

Main workout: 3 rounds; 40 sec ON / 20 sec OFF.

ORDER	EXERCISE	TARGET
1	Froggers	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 8 x 100 m sprints OR B) Row 1000 m

DAY 6 - RECOVERY. No hard workout.

DAY 7 - FULL BODY CONDITIONING

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Up, Over, Under Right & Left, Butt Kicks, High Knees, Walking Hamstring Stretch.

Main workout: 3 rounds; 40 sec ON / 20 sec OFF.

ORDER	EXERCISE	TARGET
1	Squat Jacks	Work for the full ON interval; controlled reps
2	Sit-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges	Work for the full ON interval; controlled reps
4	Plank Ups	Work for the full ON interval; controlled reps
5	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 40/20 for 7 min OR B) Mountain climbers: 40/20 for 7 min

PHASE 2 - ELASTIC BAND RESISTANCE | DAYS 29-56

Use resistance bands only where the exercise calls for them. Exercises marked NO BAND remain bodyweight movements. Days 2, 4, and 6 are recovery days.

WEEK 5 - LEVEL 5

DAY 1 - BAND FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Wide Arm Circles Front & Back, Up, Over, Under Right & Left, Mountain Climbers.

Main workout: 3 rounds; 20 sec ON / 40 sec OFF.

ORDER	EXERCISE	TARGET
1	Standing Band Bicep Curls	Work for the full ON interval; controlled reps
2	Band Glute Bridges	Work for the full ON interval; controlled reps
3	Standing Band Bent-Over Row	Work for the full ON interval; controlled reps
4	Plank Ups - NO BAND	Work for the full ON interval; controlled reps
5	Seated Band Rows	Work for the full ON interval; controlled reps
6	Standing Band Chest Press	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 1-mile run OR B) Bike 20 min

DAY 2 - RECOVERY.

DAY 3 - BAND STRENGTH

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	Kneeling Band Shoulder Press	3 rounds x 10 reps
2	Band Deadlift	3 rounds x 10 reps
3	Lying Leg Lifts - NO BAND	3 rounds x 10 reps
4	Band Front Shoulder Raises	3 rounds x 10 reps
5	Band Back Flyes	3 rounds x 10 reps

Finisher - choose ONE: A) 3 x 100 m sprints OR B) Row 400 m hard

DAY 4 - RECOVERY.

DAY 5 - BODYWEIGHT POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Push-Up Position Knee to Elbow.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	Burpees - NO BAND	3 rounds x 10 reps

ORDER	EXERCISE	TARGET
2	Ab In & Outs - NO BAND	3 rounds x 10 reps

Finisher - choose ONE: A) Jump rope: 3 x 30 sec OR B) Skater hops: 3 x 30 sec

DAY 6 - RECOVERY.

DAY 7 - BAND + BODYWEIGHT

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Walking Knee Pull to Chest, Butt Kicks, High Knees, Bear Crawls.

Main workout: 3 rounds; 20 sec ON / 40 sec OFF.

ORDER	EXERCISE	TARGET
1	Band Squats	Work for the full ON interval; controlled reps
2	Incline T-Rotation Push-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges - NO BAND	Work for the full ON interval; controlled reps
4	Ab Scissors - NO BAND	Work for the full ON interval; controlled reps
5	Band Goblet Squats	Work for the full ON interval; controlled reps
6	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 20/40 for 4 min OR B) Row 400 m

WEEK 6 - LEVEL 6

DAY 1 - BAND FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Wide Arm Circles Front & Back, Up, Over, Under Right & Left, Mountain Climbers.

Main workout: 3 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Standing Band Bicep Curls	Work for the full ON interval; controlled reps
2	Band Glute Bridges	Work for the full ON interval; controlled reps
3	Standing Band Bent-Over Row	Work for the full ON interval; controlled reps
4	Plank Ups - NO BAND	Work for the full ON interval; controlled reps
5	Seated Band Rows	Work for the full ON interval; controlled reps
6	Standing Band Chest Press	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 1-mile run OR B) Bike 20 min

DAY 2 - RECOVERY.

DAY 3 - BAND STRENGTH

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 3 rounds x 15 reps.

ORDER	EXERCISE	TARGET
1	Kneeling Band Shoulder Press	3 rounds x 15 reps
2	Band Deadlift	3 rounds x 15 reps
3	Lying Leg Lifts - NO BAND	3 rounds x 15 reps
4	Band Front Shoulder Raises	3 rounds x 15 reps
5	Band Back Flies	3 rounds x 15 reps

Finisher - choose ONE: A) 4 x 100 m sprints OR B) Row 600 m hard

DAY 4 - RECOVERY.

DAY 5 - BODYWEIGHT POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Push-Up Position Knee to Elbow.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	Burpees - NO BAND	4 rounds x 10 reps
2	Ab In & Outs - NO BAND	4 rounds x 10 reps

Finisher - choose ONE: A) Jump rope: 4 x 40 sec OR B) Skater hops: 4 x 40 sec

DAY 6 - RECOVERY.

DAY 7 - BAND + BODYWEIGHT

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Walking Knee Pull to Chest, Butt Kicks, High Knees, Bear Crawls.

Main workout: 3 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Band Squats	Work for the full ON interval; controlled reps
2	Incline T-Rotation Push-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges - NO BAND	Work for the full ON interval; controlled reps
4	Ab Scissors - NO BAND	Work for the full ON interval; controlled reps
5	Band Goblet Squats	Work for the full ON interval; controlled reps
6	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 30/30 for 6 min OR B) Row 600 m

WEEK 7 - LEVEL 7

DAY 1 - BAND FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Wide Arm Circles Front & Back, Up, Over, Under Right & Left, Mountain Climbers.

Main workout: 4 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Standing Band Bicep Curls	Work for the full ON interval; controlled reps
2	Band Glute Bridges	Work for the full ON interval; controlled reps
3	Standing Band Bent-Over Row	Work for the full ON interval; controlled reps
4	Plank Ups - NO BAND	Work for the full ON interval; controlled reps
5	Seated Band Rows	Work for the full ON interval; controlled reps
6	Standing Band Chest Press	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 1-mile run OR B) Bike 20 min

DAY 2 - RECOVERY.

DAY 3 - BAND STRENGTH

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 3 rounds x 20 reps.

ORDER	EXERCISE	TARGET
1	Kneeling Band Shoulder Press	3 rounds x 20 reps
2	Band Deadlift	3 rounds x 20 reps
3	Lying Leg Lifts - NO BAND	3 rounds x 20 reps
4	Band Front Shoulder Raises	3 rounds x 20 reps
5	Band Back Flies	3 rounds x 20 reps

Finisher - choose ONE: A) 5 x 100 m sprints OR B) Row 800 m hard

DAY 4 - RECOVERY.

DAY 5 - BODYWEIGHT POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Push-Up Position Knee to Elbow.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	Burpees - NO BAND	4 rounds x 10 reps
2	Ab In & Outs - NO BAND	4 rounds x 10 reps

Finisher - choose ONE: A) Jump rope: 5 x 50 sec OR B) Skater hops: 5 x 50 sec

DAY 6 - RECOVERY.

DAY 7 - BAND + BODYWEIGHT

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Walking Knee Pull to Chest, Butt Kicks, High Knees, Bear Crawls.

Main workout: 4 rounds; 30 sec ON / 30 sec OFF.

ORDER	EXERCISE	TARGET
1	Band Squats	Work for the full ON interval; controlled reps
2	Incline T-Rotation Push-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges - NO BAND	Work for the full ON interval; controlled reps
4	Ab Scissors - NO BAND	Work for the full ON interval; controlled reps
5	Band Goblet Squats	Work for the full ON interval; controlled reps
6	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 30/30 for 8 min OR B) Row 800 m

WEEK 8 - LEVEL 8

DAY 1 - BAND FULL BODY

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Wide Arm Circles Front & Back, Up, Over, Under Right & Left, Mountain Climbers.

Main workout: 3 rounds; 40 sec ON / 20 sec OFF.

ORDER	EXERCISE	TARGET
1	Standing Band Bicep Curls	Work for the full ON interval; controlled reps
2	Band Glute Bridges	Work for the full ON interval; controlled reps
3	Standing Band Bent-Over Row	Work for the full ON interval; controlled reps
4	Plank Ups - NO BAND	Work for the full ON interval; controlled reps
5	Seated Band Rows	Work for the full ON interval; controlled reps
6	Standing Band Chest Press	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) 1-mile run OR B) Bike 20 min

DAY 2 - RECOVERY.

DAY 3 - BAND STRENGTH

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 4 rounds x 20 reps.

ORDER	EXERCISE	TARGET
1	Kneeling Band Shoulder Press	4 rounds x 20 reps
2	Band Deadlift	4 rounds x 20 reps
3	Lying Leg Lifts - NO BAND	4 rounds x 20 reps
4	Band Front Shoulder Raises	4 rounds x 20 reps
5	Band Back Flies	4 rounds x 20 reps

Finisher - choose ONE: A) 6 x 100 m sprints OR B) Row 1000 m hard

DAY 4 - RECOVERY.

DAY 5 - BODYWEIGHT POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Push-Up Position Knee to Elbow.

Main workout: 5 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	Burpees - NO BAND	5 rounds x 10 reps
2	Ab In & Outs - NO BAND	5 rounds x 10 reps

Finisher - choose ONE: A) Jump rope: 6 x 60 sec OR B) Skater hops: 6 x 60 sec

DAY 6 - RECOVERY.

DAY 7 - BAND + BODYWEIGHT

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Walking Knee Pull to Chest, Butt Kicks, High Knees, Bear Crawls.

Main workout: 3 rounds; 40 sec ON / 20 sec OFF.

ORDER	EXERCISE	TARGET
1	Band Squats	Work for the full ON interval; controlled reps
2	Incline T-Rotation Push-Ups	Work for the full ON interval; controlled reps
3	Alternating Lunges - NO BAND	Work for the full ON interval; controlled reps
4	Ab Scissors - NO BAND	Work for the full ON interval; controlled reps
5	Band Goblet Squats	Work for the full ON interval; controlled reps
6	Two-Foot Heel Raises	Work for the full ON interval; controlled reps

Finisher - choose ONE: A) Jumping jacks: 40/20 for 10 min OR B) Row 1000 m

PHASE 3 - DUMBBELL STRENGTH ENDURANCE | DAYS 57-84

Phase 3 is repetition-based. Complete the listed reps for every exercise in order. One pass through the full list equals one round. Rest about 60-90 seconds, then begin the next round. Movements marked NO DB remain bodyweight.

WEEK 9 - LEVEL 9

DAY 1 - FULL BODY POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Mountain Climbers, Bear Crawls, Jumping Jacks.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Thrusters	3 rounds x 10 reps
2	Push-Up Position DB Slides	3 rounds x 10 reps
3	DB Hang Cleans	3 rounds x 10 reps
4	Marching Glute Bridge - NO DB	3 rounds x 10 reps
5	DB Step-Ups	3 rounds x 10 reps

Finisher - choose ONE: A) 1.5-mile run OR B) Bike 30 min

DAY 2 - RECOVERY.

DAY 3 - CHEST + CORE + TRICEPS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Chest Press	3 rounds x 10 reps
2	DB Russian Twist	3 rounds x 10 reps
3	DB Incline Chest Press	3 rounds x 10 reps
4	DB Triceps Kickbacks	3 rounds x 10 reps
5	Double Leg Lift - NO DB	3 rounds x 10 reps
6	Weighted Triceps Dips	3 rounds x 10 reps
7	Ab Roll Backs - NO DB	3 rounds x 10 reps

Finisher - choose ONE: A) 2 x 200 m sprints OR B) Row 800 m

DAY 4 - LEGS + SHOULDERS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Butt Kicks, Air Squats.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Goblet Squats	3 rounds x 10 reps
2	DB Front Shoulder Raises	3 rounds x 10 reps

ORDER	EXERCISE	TARGET
3	DB Reverse Lunges	3 rounds x 10 reps
4	DB Shoulder Press	3 rounds x 10 reps
5	Standing Heel Raise - NO DB	3 rounds x 10 reps
6	DB Lateral Arm Raise	3 rounds x 10 reps

Finisher - choose ONE: A) Step-ups: 3 x 30 sec OR B) Stairs: 3 rounds

DAYS 5 & 6 - RECOVERY.

DAY 7 - BACK + BICEPS + CORE

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Butt Kicks, High Knees.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Hammer Curls	3 rounds x 10 reps
2	DB Deadlift	3 rounds x 10 reps
3	DB Alternating Curls	3 rounds x 10 reps
4	Sit-Ups with Twist - NO DB	3 rounds x 10 reps
5	DB Rear Delt Flyes	3 rounds x 10 reps
6	DB Reverse Bicep Curls	3 rounds x 10 reps
7	DB Bent-Over Row	3 rounds x 10 reps

Finisher - choose ONE: A) Jog 40 sec / walk 20 sec for 6 min OR B) Jump rope: 6 rounds, 40 sec work / 20 sec rest

WEEK 10 - LEVEL 10

DAY 1 - FULL BODY POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Mountain Climbers, Bear Crawls, Jumping Jacks.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Thrusters	3 rounds x 10 reps
2	Push-Up Position DB Slides	3 rounds x 10 reps
3	DB Hang Cleans	3 rounds x 10 reps
4	Marching Glute Bridge - NO DB	3 rounds x 10 reps
5	DB Step-Ups	3 rounds x 10 reps

Finisher - choose ONE: A) 1.5-mile run OR B) Bike 30 min

DAY 2 - RECOVERY.

DAY 3 - CHEST + CORE + TRICEPS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Chest Press	3 rounds x 10 reps
2	DB Russian Twist	3 rounds x 10 reps
3	DB Incline Chest Press	3 rounds x 10 reps
4	DB Triceps Kickbacks	3 rounds x 10 reps
5	Double Leg Lift - NO DB	3 rounds x 10 reps
6	Weighted Triceps Dips	3 rounds x 10 reps
7	Ab Roll Backs - NO DB	3 rounds x 10 reps

Finisher - choose ONE: A) 3 x 200 m sprints OR B) Row 1000 m hard

DAY 4 - LEGS + SHOULDERS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Butt Kicks, Air Squats.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Goblet Squats	3 rounds x 10 reps
2	DB Front Shoulder Raises	3 rounds x 10 reps
3	DB Reverse Lunges	3 rounds x 10 reps
4	DB Shoulder Press	3 rounds x 10 reps

ORDER	EXERCISE	TARGET
5	Standing Heel Raise - NO DB	3 rounds x 10 reps
6	DB Lateral Arm Raise	3 rounds x 10 reps

Finisher - choose ONE: A) Step-ups: 4 x 30 sec OR B) Stairs: 4 rounds

DAYS 5 & 6 - RECOVERY.

DAY 7 - BACK + BICEPS + CORE

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Butt Kicks, High Knees.

Main workout: 3 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Hammer Curls	3 rounds x 10 reps
2	DB Deadlift	3 rounds x 10 reps
3	DB Alternating Curls	3 rounds x 10 reps
4	Sit-Ups with Twist - NO DB	3 rounds x 10 reps
5	DB Rear Delt Flyes	3 rounds x 10 reps
6	DB Reverse Bicep Curls	3 rounds x 10 reps
7	DB Bent-Over Row	3 rounds x 10 reps

Finisher - choose ONE: A) Jog 40 sec / walk 20 sec for 8 min OR B) Jump rope: 8 rounds, 40/20

WEEK 11 - LEVEL 11

DAY 1 - FULL BODY POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Mountain Climbers, Bear Crawls, Jumping Jacks.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Thrusters	4 rounds x 10 reps
2	Push-Up Position DB Slides	4 rounds x 10 reps
3	DB Hang Cleans	4 rounds x 10 reps
4	Marching Glute Bridge - NO DB	4 rounds x 10 reps
5	DB Step-Ups	4 rounds x 10 reps

Finisher - choose ONE: A) 1.5-mile run OR B) Bike 30 min

DAY 2 - RECOVERY.

DAY 3 - CHEST + CORE + TRICEPS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Chest Press	4 rounds x 10 reps
2	DB Russian Twist	4 rounds x 10 reps
3	DB Incline Chest Press	4 rounds x 10 reps
4	DB Triceps Kickbacks	4 rounds x 10 reps
5	Double Leg Lift - NO DB	4 rounds x 10 reps
6	Weighted Triceps Dips	4 rounds x 10 reps
7	Ab Roll Backs - NO DB	4 rounds x 10 reps

Finisher - choose ONE: A) 3 x 200 m sprints OR B) Row 1000 m

DAY 4 - LEGS + SHOULDERS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Butt Kicks, Air Squats.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Goblet Squats	4 rounds x 10 reps
2	DB Front Shoulder Raises	4 rounds x 10 reps
3	DB Reverse Lunges	4 rounds x 10 reps
4	DB Shoulder Press	4 rounds x 10 reps

ORDER	EXERCISE	TARGET
5	Standing Heel Raise - NO DB	4 rounds x 10 reps
6	DB Lateral Arm Raise	4 rounds x 10 reps

Finisher - choose ONE: A) Step-ups: 5 x 30 sec OR B) Stairs: 5 rounds

DAYS 5 & 6 - RECOVERY.

DAY 7 - BACK + BICEPS + CORE

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Butt Kicks, High Knees.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Hammer Curls	4 rounds x 10 reps
2	DB Deadlift	4 rounds x 10 reps
3	DB Alternating Curls	4 rounds x 10 reps
4	Sit-Ups with Twist - NO DB	4 rounds x 10 reps
5	DB Rear Delt Flyes	4 rounds x 10 reps
6	DB Reverse Bicep Curls	4 rounds x 10 reps
7	DB Bent-Over Row	4 rounds x 10 reps

Finisher - choose ONE: A) Jog 40 sec / walk 20 sec for 10 min OR B) Jump rope: 10 rounds, 40/20

WEEK 12 - LEVEL 12

DAY 1 - FULL BODY POWER

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Mountain Climbers, Bear Crawls, Jumping Jacks.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Thrusters	4 rounds x 10 reps
2	Push-Up Position DB Slides	4 rounds x 10 reps
3	DB Hang Cleans	4 rounds x 10 reps
4	Marching Glute Bridge - NO DB	4 rounds x 10 reps
5	DB Step-Ups	4 rounds x 10 reps

Finisher - choose ONE: A) 1.5-mile run OR B) Bike 30 min

DAY 2 - RECOVERY.

DAY 3 - CHEST + CORE + TRICEPS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm X In & Out, Standing Leg Swings Left & Right, Incline Push-Ups.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Chest Press	4 rounds x 10 reps
2	DB Russian Twist	4 rounds x 10 reps
3	DB Incline Chest Press	4 rounds x 10 reps
4	DB Triceps Kickbacks	4 rounds x 10 reps
5	Double Leg Lift - NO DB	4 rounds x 10 reps
6	Weighted Triceps Dips	4 rounds x 10 reps
7	Ab Roll Backs - NO DB	4 rounds x 10 reps

Finisher - choose ONE: A) 4 x 200 m sprints OR B) Row 1400 m

DAY 4 - LEGS + SHOULDERS

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: High Knees, Alternating Kneeling Bird Dogs, Butt Kicks, Air Squats.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Goblet Squats	4 rounds x 10 reps
2	DB Front Shoulder Raises	4 rounds x 10 reps
3	DB Reverse Lunges	4 rounds x 10 reps
4	DB Shoulder Press	4 rounds x 10 reps

ORDER	EXERCISE	TARGET
5	Standing Heel Raise - NO DB	4 rounds x 10 reps
6	DB Lateral Arm Raise	4 rounds x 10 reps

Finisher - choose ONE: A) Step-ups: 6 x 30 sec OR B) Stairs: 6 rounds

DAYS 5 & 6 - RECOVERY.

DAY 7 - BACK + BICEPS + CORE

Warm-up: 2-3 rounds. Perform each movement for 30 seconds: Arm Circles Front & Back, Butt Kicks, High Knees.

Main workout: 4 rounds x 10 reps.

ORDER	EXERCISE	TARGET
1	DB Hammer Curls	4 rounds x 10 reps
2	DB Deadlift	4 rounds x 10 reps
3	DB Alternating Curls	4 rounds x 10 reps
4	Sit-Ups with Twist - NO DB	4 rounds x 10 reps
5	DB Rear Delt Flyes	4 rounds x 10 reps
6	DB Reverse Bicep Curls	4 rounds x 10 reps
7	DB Bent-Over Row	4 rounds x 10 reps

Finisher - choose ONE: A) Jog 40 sec / walk 20 sec for 12 min OR B) Jump rope: 12 rounds, 40/20

DAYS 85-90 - EVOLVE FIRST COMBINATION WEEK

The final six days combine the three domains. These are written as straightforward rep-based sessions so the user can finish the 90 days without learning another workout system.

DAY	WORKOUT
85 - Full Body	Warm-up 2 rounds x 30 sec each: jumping jacks, arm circles, leg swings, air squats. Then 3 rounds: 10 goblet squats, 10 push-ups, 12 band rows, 10 DB deadlifts, 12 band chest presses, 30-sec plank. Rest 60-90 sec between rounds. Finish: 10 min easy-moderate cardio.
86 - Recovery	No hard training. 20-30 min easy walk plus gentle mobility if desired.
87 - Upper + Core	Warm-up 2 rounds x 30 sec each. Then 3 rounds: 10 DB chest presses, 12 band rows, 10 DB hammer curls, 10 triceps dips, 10 Russian twists each side, 30 sec mountain climbers. Rest 60-90 sec. Finish: jump rope 5 x 30 sec, 30 sec rest.
88 - Lower + Conditioning	Warm-up 2 rounds x 30 sec each. Then 3 rounds: 12 air squats, 10 reverse lunges each leg, 10 DB deadlifts, 12 band squats, 15 heel raises. Rest 60-90 sec. Finish: 1-mile run/walk OR equivalent bike/row.
89 - Recovery + Review	No hard training. Review your Week 1 and current results: resistance used, rounds completed, conditioning performance, and perceived effort.
90 - Benchmark	Repeat one earlier full-body workout using the SAME prescription you used the first time. Compare form, completed reps, resistance, conditioning result, and effort. Do not add extra work simply because it is Day 90.

QUICK RULES TO REMEMBER

Timed workout = reps are not fixed. Keep moving for the entire ON interval with good form. **Rep workout = hit the written rep target.** Finish all exercises to complete one round. **Finisher = choose one option.** **OFF day = recover.**

Progression rule: Only increase resistance when you can complete the current prescription with consistent technique. If form breaks down, reduce resistance, slow down, or stop the set.

Safety note: The source plan recommends consulting a physician before beginning and notes that exercise involves risk and results vary. This guide provides general fitness programming, not individualized medical care.