

Transform: 8 Weeks

Week One

Day One: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbbell Squat		3	10
Barbbell Walking Lunge		3	10
Incline Dumbbell Press		3	10
Incline Dumbbell Fly		3	10
Wide Grip Lat Pulldown		3	10
Seated Cable Row		3	10

Day Two: Cardio

Treadmill HIIT	8 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	40 Minutes	60 % max

Day Three: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbbell Deadlift		3	10
Goblet Squat		3	10
Dumbbell Shoulder Press		3	10
Dumbbell Bent Over Row		3	10
Straight arm dumbbell pullover		3	12
Machine Assisted Dips		3	12

Day Four: Cardio

Bicycle HIIT	8 Rounds OR	1:1 work/rest 85% max
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Bicycle Steady Pace		40 Minutes	60 % max
Day Five: Full Body			
60 Seconds rest between sets			
Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Legg Press	3	10	
Lying Leg Curl:	3	10	
Dumbbell Bench Press	3	10	
Tricep Press Down	3	12	
T-Bar Row	3	10	
Assisted Pull Ups	3	10	

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Week Two

Day One: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Squat		3	10
Barbell Walking Lunge		3	10
Incline Dumbbell Press		3	10
Incline Dumbbell Fly		3	10
Wide Grip Lat Pulldown		3	10
Seated Cable Row		3	10

Day Two: Cardio

Bicycle HIIT	8 Rounds	1:1 work/rest 85% max
	OR	
Bicycle Steady Pace	40 Minutes	60 % max

Day Three: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Deadlift		3	10
Goblet Squat		3	10
Dumbbell Shoulder Press		3	10
Dumbbell Bent Over Row		3	10
Straight arm dumbbell pullover		3	12
Machine Assisted Dips		3	12

Day Four: Cardio

Stairs HIIT	8 Rounds	1:1 work/rest 85% max
	OR	

Stairs Steady Pace 40 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Legg Press	3	10	
Lying Leg Curl:	3	10	
Dumbbell Bench Press	3	10	
Tricep Press Down	3	12	
T-Bar Row	3	10	
Assisted Pull Ups	3	10	

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Week Three

Day One: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Barbell Squat	3	10	
Barbell Walking Lunge	3	10	
Incline Dumbbell Press	3	10	
Incline Dumbbell Fly	3	10	
Wide Grip Lat Pulldown	3	10	
Seated Cable Row	3	10	

Day Two: Cardio

Treadmill HIIT	8 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	40 Minutes	60 % max

Day Three: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Barbell Deadlift	3	10	
Goblet Squat	3	10	
Dumbbell Shoulder Press	3	10	
Dumbbell Bent Over Row	3	10	
Straight arm dumbbell pullover	3	12	
Machine Assisted Dips	3	12	

Day Four: Cardio

Bicycle HIIT	8 Rounds OR	1:1 work/rest 85% max
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Bicycle Steady Pace 40 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Legg Press	3	10	
Lying Leg Curl:	3	10	
Dumbbell Bench Press	3	10	
Tricep Press Down	3	12	
T-Bar Row	3	10	
Assisted Pull Ups	3	10	

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Week Four

Day One: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Squat		4	8
Barbell Step Up		3	10
Barbell Bench Press		4	8
Cable Cross Over		3	10
Wide Grip Lat Pulldown		3	10
Incline Dumbbell Row		3	10

Day Two: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	45 Minutes	60 % max

Day Three: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Romanian Deadlift		4	8
Bulgarian Squat		3	10
Dumbbell Shoulder Press		4	8
Front Plate Raise		3	10
Assisted Pull-ups		4	8
Rear-Delt Cable Fly		3	10

Day Four: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
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Treadmill Steady Pace 45 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Front Squat/Hack Squat	4	8	
Seated Leg Curl	3	10	
Barbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Rope	3	10	

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Week Five

Day One: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Barbell Squat	4	8	
Barbell Step Up	3	10	
Barbell Bench Press	4	8	
Cable Cross Over	3	10	
Wide Grip Lat Pulldown	3	10	
Incline Dumbbell Row	3	10	

Day Two: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	45 Minutes	60 % max

Day Three: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Barbell Romanian Deadlift	4	8	
Bulgarian Squat	3	10	
Dumbbell Shoulder Press	4	8	
Front Plate Raise	3	10	
Assisted Pull-ups	4	8	
Rear-Delt Cable Fly	3	10	

Day Four: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
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Treadmill Steady Pace 45 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Front Squat/Hack Squat	4	8	
Seated Leg Curl	3	10	
Barbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with R	3	10	

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Week Six

Day One: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Squat		4	8
Barbell Step Up		3	10
Barbell Bench Press		4	8
Cable Cross Over		3	10
Wide Grip Lat Pulldown		3	10
Incline Dumbbell Row		3	10

Day Two: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	45 Minutes	60 % max

Day Three: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Romanian Deadlift		4	8
Bulgarian Squat		3	10
Dumbbell Shoulder Press		4	8
Front Plate Raise		3	10
Assisted Pull-ups		4	8
Rear-Delt Cable Fly		3	10

Day Four: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
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Treadmill Steady Pace 45 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Front Squat/Hack Squat	4	8	
Seated Leg Curl	3	10	
Barbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Rope	3	10	

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Week Seven

Day One: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Barbell Squat	4	8	
Barbell Step Up	3	10	
Barbell Bench Press	4	8	
Cable Cross Over	3	10	
Wide Grip Lat Pulldown	3	10	
Incline Dumbbell Row	3	10	

Day Two: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	45 Minutes	60 % max

Day Three: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Barbell Romanian Deadlift	4	8	
Bulgarian Squat	3	10	
Dumbbell Shoulder Press	4	8	
Front Plate Raise	3	10	
Assisted Pull-ups	4	8	
Rear-Delt Cable Fly	3	10	

Day Four: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
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Treadmill Steady Pace 45 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Front Squat/Hack Squat	4	8	
Seated Leg Curl	3	10	
Barbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Rope	3	10	

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Week Eight

Day One: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Squat		4	8
Barbell Step Up		3	10
Barbell Bench Press		4	8
Cable Cross Over		3	10
Wide Grip Lat Pulldown		3	10
Incline Dumbbell Row		3	10

Day Two: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
Treadmill Steady Pace	45 Minutes	60 % max

Day Three: Full Body

60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up		1	5-10 minutes
Barbell Romanian Deadlift		4	8
Bulgarian Squat		3	10
Dumbbell Shoulder Press		4	8
Front Plate Raise		3	10
Assisted Pull-ups		4	8
Rear-Delt Cable Fly		3	10

Day Four: Cardio

Treadmill HIIT	9 Rounds OR	1:1 work/rest 85% max
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Treadmill Steady Pace 45 Minutes 60 % max

Day Five: Full Body
60 Seconds rest between sets

Exercise:	Sets:	Reps:	
Dynamic warm up	1	5-10 minutes	
Front Squat/Hack Squat	4	8	
Seated Leg Curl	3	10	
Barbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Rope	3	10	