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	1:1 work/rest 85% max		
	OR			
Treadmill Steady Pace	40 Minutes	60 % max		
Day Three: Full Body 60 Seconds rest between sets				
Exercise:	Sets:	Reps:		
Dynamic warm up	Jets. 1			
Barbbell Deadlift	3			
Goblet Squat	3			
Dumbbell Shoulder Press	3			
Dumbbell Bent Over Row	3			
Straight arm dumbell pullover	3			
Machine Assisted Dips	3			
Machine Assisted Dips	3	12		
Day Four: Cardio				
Bicycle HIIT	8 Rounds OR	1:1 work/rest 85% max		

Bicycle Steady Pace	40 Minutes	60 % max		
Day Five: Full Body				
60 Seconds rest between set	S			
Exercise:	Sets:	Reps:		
Dynamic warm up		1 5-10 minut	tes	
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	

Transform: 8 Weeks				
Week Two				
Day One: Full Body				
60 Seconds rest between sets				
Exercise:	Sets:	Reps:		
Dynamic warm up		5-10 minutes		
Barbbell Squat	3			
Barbbell Walking Lunge	3			
Incline Dumbbell Press	3			
Incline Dumbbell Fly	3			
Wide Grip Lat Pulldown	3	10		
Seated Cable Row	3	10		
Day Two: Cardio				
Bicycle HIIT	8 Rounds OR	1:1 work/rest 85% max		
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		
Barbbell Deadlift	3	10		
Goblet Squat	3	10		
Dumbbell Shoulder Press	3	10		
Dumbbell Bent Over Row	3	10		
Straight arm dumbell pullover	3	12		
Machine Assisted Dips	3			
•				
Day Four: Cardio				
Stairs HIIT	8 Rounds	1:1 work/rest 85% max		
	OR			

Stairs Steady Pace	40 Minutes	60 % ma	Х
Day Five: Full Body 60 Seconds rest between set	S		
Exercise:	Sets:	Reps:	
Dynamic warm up		1 5-10 min	utes
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

Transform: 8 Weeks			
iransionii. o weeks			
Week Three			
Week Hilee			
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		
Wide Grip Lat Pulldown	3	10	
Seated Cable Row	3	10	
Day Two: Cardio			
Treadmill HIIT	8 Rounds	1:1 work/rest 85% ma	ıx
	OR		
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		
Goblet Squat	3		
Dumbbell Shoulder Press	3		
Dumbbell Bent Over Row	3		
Straight arm dumbell pullover	3		
Machine Assisted Dips	3	12	
Day Four: Cardio			
Bicycle HIIT	8 Rounds	1:1 work/rest 85% ma	1X
	OR		

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	
		_		

Transform: 8 Weeks				
Week Four				
Day One: Full Body				
60 Seconds rest between sets				
Exercise:	Sets:		Reps:	
Dynamic warm up		1	5-10 minutes	
Barbbell Squat		4	8	
Barbbell Step Up		3	10	
Barbbell 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		1:1 work/rest 85% m	ax
	OR			
Treadmill Steady Pace	45 Minutes		60 % max	
Day Three: Full Body				
60 Seconds rest between sets	10			
Exercise:	Sets:		Reps:	
Dynamic warm up			5-10 minutes	
Barbbell 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% m	ах

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	
Barbbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Rope	3	10	

Transform: 8 Weeks				
Week Five				
Day One: Full Body				
60 Seconds rest between sets	;			
Exercise:	Sets:	Reps:		
Dynamic warm up	1	5-10 minutes		
Barbbell Squat	4	8		
Barbbell Step Up	3	10		
Barbbell 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% ma	ıx	
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		
Barbbell 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% ma	1X	

Treadmill Steady Pace	45 Minutes	60 % max	
Day Five: Full Body 60 Seconds rest between sets			
Exercise:	Sets:	Reps:	
Dynamic warm up		5-10 minutes	
Front Squat/Hack Squat	4	8	
Seated Leg Curl	3	10	
Barbbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Ro	3	10	

Transform: 8 Weeks				
Week Six				
Day One: Full Body				
60 Seconds rest between sets				
Exercise:	Sets:	Reps:		
Dynamic warm up	1	5-10 minutes		
Barbbell Squat	4	8		
Barbbell Step Up	3	10		
Barbbell Bench Press	4	8		
Cable Cross Over	3			
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		
Barbbell 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	1:1 work/rest 85% max		
	9 Rourius OR	1.1 WORK/Test 65% IIIax		

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	
Barbbell Incline Press	4	8	
Tricep Press Down	3	10	
High row/Inverted Row	4	8	
Straight Arm Pull Down with Rope	3	10	

Transform: 8 Weeks								
Week Seven								
Day One: Full Body								
60 Seconds rest between sets								
Exercise:	Sets:	Reps:						
Dynamic warm up		1 5-10 r	ninutes					
Barbbell Squat		4	8					
Barbbell Step Up		3	10					
Barbbell 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	1:1 wo	ork/rest 85% max					
	OR							
Treadmill Steady Pace	45 Minutes	1 % 00	max					
Day Three: Full Body								
60 Seconds rest between sets		-						
Exercise:	Sets:	Reps:						
Dynamic warm up		_	ninutes					
Barbbell 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	1:1 wo	ork/rest 85% max					
	OR							

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				
Barbbell Incline Press	4	8				
Tricep Press Down	3	10				
High row/Inverted Row	4	8				
Straight Arm Pull Down with Rope	3	10				

Transform: 8 Weeks							
Week Eight							
Day One: Full Body							
60 Seconds rest between sets							
Exercise:	Sets:	Rep	os:				
Dynamic warm up		1 5-10) minutes				
Barbbell Squat		4	8				
Barbbell Step Up		3	10				
Barbbell 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	1:1 \	work/rest 85% max				
	OR						
Treadmill Steady Pace	45 Minutes	60 %	6 max				
Day Three: Full Body 60 Seconds rest between sets							
Exercise:	Sets:	Rep	S:				
Dynamic warm up		1 5-10) minutes				
Barbbell 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				

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				
Barbbell Incline Press	4	8				
Tricep Press Down	3	10				
High row/Inverted Row	4	8				
Straight Arm Pull Down with Rope	3	10				