

Phase 1 Training Plan

*with 4 mth charmed program and NOT LIFTING HEAVY, lifting moderate for hypertrophy (about 75% max)!

- Yoga one day per week for sure, but want to add another day so aiming for twice per week.
- Skills (holds, splits, gymnastics, leaps, dance) and plyos once per week (work on 2 new holds and 180 straddle)
- Kickbox heavy bag once per week
- Stairs and side shuffles on tread once per week
- Balance, conditioning and crossfit once per week.

Cardio is open: cycling outdoor, roller blading, indoor recumbent or tread, outdoor jogging or trail jogging, gym machines, classes, many of the above will qualify for cardio for a day or may be added atop light warm ups during weights if at gym.

20-30 mins cardio avg per session of the above, excluding cardio indicated on charmed program which is done pre and or post weight for warm up and cool down on machines. Some weight exercise will change.

Wk 1 – 3x15
Day 1 and 4
Back and Biceps
(obliques)

Warm-up 15 mins
Stair master Hills
(or similar) level 6

Lat pull to front
Mid back row (M)
Hyper ext.
Bar curl
Preacher curl
DB Con. curl
DB Wrist curl
DB Wrist curl
Obl. Throne
Obl. decline
Obl. flr

Wk 1 – 3x15
Day 2 and 5
Chest and
Triceps (butt)

Same warm up

DB Press
DB Pullover
Pec-Dec
Cable
Pushdown
DB Ext. 2hnds
DB Kickback
Cable Hip ext.
Bum (M)
Thrusters/wt

Wk 1 – 3x15
Day 3 and 6
Legs and Shoulders (abs)

Warm-up 5 mins rower, extra bout
of 10 mins on step manual level 7

Barbell Squat
Lying Leg curl
Seated Calve Press
Adductors (M)
Abductors (M)
Military Press (M)
Side delt raise (M)
Barbell Front delt raise
DB Side Lying Rotator cuff
Barbell Upright row
Abs. Throne
Ab Bench
Abs. floor

Wk 2 – 3x12 but otherwise same as above. 15 min hills stair master level 8 for first to blocks above, manual stair master 15 mins level 7 for last pink block.

Wk 3 – 3x10 but same as above. 10 mins cycle level 4, 10 mins stair master manual level 8 for blue and green blocks, 10 rower 10 stair master for pink block.

Wk 4 – Active rest 2x15 for this circuit.

5 mins rower 24spm

Bosu Front Lunges, Deadlift, Standing Calve press, Cable cross, Lat pull (stnd), Military rotationals, db on ball
Curls supinated on ball one leg, Nosebreakers, Vsits, Bum (M)