



METAMORPHOSIS

8 WEEK CONDITIONING PROGRAM

NAME

DATE

WEEK 1

DAY 1

LEVEL 1

RECOVERY

TARGET RPE

GREEN

WORKOUT GOALS

WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	8-10			
	Windshield wipers	2-3	8-10			
	Goblet squat	2-3	8-10			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Aerobic plyos	Low hops - with or w/o hurdles			2-3 min				
	SS1	Primary conditioning exercise	Middle blue		15-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	8-10		4040	60s
	Tempo lifting	Pull	Lat pulldowns	2-3	8-10		4040	60s
	Repetition	Rotation	Cable exercise or 90:90 trunk rotation	2-3	8-10			60s
	Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

WORKOUT REVIEW



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WORKOUT GOALS

WORKOUT NOTES

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Run/bike/row/other			8-10				60s

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	1-2			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	1-2			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Bear breathing	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	8-10			
	Windshield wipers	2-3	8-10			
	Goblet squat	2-3	8-10			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Primary conditioning exercise	Middle blue		20-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Squat	Barbell squats	3-4	8-10		4040	60s
	Repetition	Lunge	Walking lunges or box step ups	3-4	8-10			60s
	Repetition	Core	Cable exercise or 90:90 trunk rotation	2-3	8-10			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Run/bike/row/other			8-10				60s

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	1-2			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	1-2			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Bear breathing	

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AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	8-10			
	Windshield wipers	2-3	8-10			
	Goblet squat	2-3	8-10			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Primary conditioning exercise	Middle blue		15-20 min				
	Aerobic plyos	Low hops - with or w/o hurdles			2-3 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Hinge	Dumbbell RDL	2-3	8-10		4040	60s
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	8-10		4040	60s
	Tempo lifting	Pull	Barbell seated or bent-over row	2-3	8-10		4040	60s
	Repetition	Push/Press	Push ups	1	AMRAP			90s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Windshield wipers	2-3	10-12			
	Goblet squat	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Aerobic plyos	Low hops - with or w/o hurdles			3-5 min				
	SS1	Primary conditioning exercise	Middle blue		15-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	10-12		4040	60s
	Tempo lifting	Pull	Lat pulldowns	2-3	10-12		4040	60s
	Repetition	Rotation	Cable exercise or 90:90 trunk rotation	2-3	10-12			60s
	Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Run/bike/row/other			8-10				60s

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	1-2			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	1-2			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Bear breathing	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Windshield wipers	2-3	10-12			
	Goblet squat	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Primary conditioning exercise	Middle blue		20-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Squat	Barbell squats	3-4	10-12		4040	60s
	Repetition	Lunge	Walking lunges or box step ups	3-4	10-12			60s
	Repetition	Core	Cable exercise or 90:90 trunk rotation	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	<input type="text"/>

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WORKOUT NOTES

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Run/bike/row/other			10-12				60s

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	2			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	2			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Bear breathing	

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WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Windshield wipers	2-3	10-12			
	Goblet squat	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Primary conditioning exercise	Middle blue		15-20 min				
	Aerobic plyos	Low hops - with or w/o hurdles			3-5 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Hinge	Dumbbell RDL	2-3	10-12		4040	60s
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	10-12		4040	60s
	Tempo lifting	Pull	Barbell seated or bent-over row	2-3	10-12		4040	60s
	Repetition	Push/Press	Push ups	1	AMRAP			90s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Leg swings	2-3	10-12			
	Backwards lunges	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Run/bike/row/other				1	8-10		
	SS1	Primary conditioning exercise	Middle blue		18-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Pull	Lat pulldown or seated rows	2-3	10-12		4040	60s
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	10-12		4040	60s
A	1	Repetition	Rotation	2	6-8			60s
A	2	Repetition	Push/Press	2	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Run/bike/row/other	Middle blue		15-20				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	2-3			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	2-3			60s
A	3	Repetition	Core	Cable exercise or 90:90 trunk rotations	2-3	8-10		

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	90:90 breathing	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
A 1	Ankle rolls	2-3	10-12			
A 2	Windshield wipers	2-3	10-12			
A 3	Lateral lunges	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Blue repeats	Primary conditioning exercise	Middle / Top blue		20-22 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo	Squat	Rear-foot elevated split squat	3-4	8-10		4040	60s
	Repetition	Lunge	Weighted walking lunges	3-4	8-10			60s
	Repetition	Core	Med ball loaded hip rotations	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch	

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WORKOUT NOTES

DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Run/bike/row/other	Middle blue		15-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	2			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	2			60s
		Repetition	Push/Press	Push ups	1-2	AMRAP		
		Repetition	Pull	Pull ups	1-2	AMRAP		

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	90:90 breathing	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Leg swings	2-3	10-12			
	Backwards lunges	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Aerobic plyos	Low hops - with or w/o hurdles			4-5 min				
	Blue repeats	Run/bike/row/other			20-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Repetition	Hinge	Trap bar or dumbbell deadlift	2-3	10-12			60s
	Repetition	Push/Press	Dumbbell bench press or dumbbell floor press	2-3	10-12			60s
	Repetition	Pull	Pull ups or lat pulldowns	2-3	10-12			60s
	Repetition	Core	Stable scap 90:90	2-3	6-8			45s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Leg swings	2-3	10-12			
	Backwards lunges	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Tempo intervals	Run/bike/row/other				1	8-10		
	SS1	Primary conditioning exercise	Middle blue		20-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo lifting	Pull	Lat pulldown or seated rows	3-4	10-12		4040	50s
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	3-4	10-12		4040	50s
A	1	Repetition	Rotation	2-3	6-8			60s
A	2	Repetition	Push/Press	2-3	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Run/bike/row/other	Middle blue		15-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	2-3			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	2-3			60s
A	3	Repetition	Core	Cable exercise or lateral med ball throws	2-3	8-10		

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	90:90 breathing	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
A 1	Ankle rolls	2-3	10-12			
A 2	Windshield wipers	2-3	10-12			
A 3	Lateral lunges	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Blue repeats	Primary conditioning exercise	Middle / Top blue		22-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Tempo	Squat	Rear-foot elevated split squat	3-4	10-12		4040	60s
	Repetition	Lunge	Weighted walking lunges	3-4	10-12			60s
	Repetition	Core	Med ball loaded hip rotations	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch	

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CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Bear breathing	2	4-6			
	Low CNS Warm up					

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	SS1	Run/bike/row/other	Middle blue		15-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
A	1	Repetition	Core	Front plank hold (up to 2 min)	2			60s
A	2	Repetition	Core	Side plank hold (up to 2 min)	2			60s
		Repetition	Push/Press	Push ups	2	AMRAP		
		Repetition	Pull	Pull ups	2	AMRAP		

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	90:90 breathing	

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DYNAMIC WARM-UP

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Leg swings	2-3	10-12			
	Backwards lunges	2-3	10-12			

CONDITIONING

CIRCUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
	Aerobic plyos	Low hops - with or w/o hurdles			4-5 min				
	Blue repeats	Run/bike/row/other			22-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
	Repetition	Hinge	Trap bar or dumbbell deadlift	3-4	10-12			60s
	Repetition	Push/Press	Dumbbell bench press or dumbbell floor press	3-4	10-12			60s
	Repetition	Pull	Pull ups or lat pulldowns	3-4	10-12			60s
	Repetition	Core	Stable scap 90:90	2-3	6-8			45s

COOLDOWN

EXERCISE #1	EXERCISE #2	RECOVERY +/-
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)	

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