

OPERATION TRANSFORMATION

FIRST
30



MONDAY

Leg Day - That's right, I said LEGS!

Warm Up:

Treadmill @ 3 Incline Level 6-7 speed for 10 Minutes Or Bike @ Mid Resistance for 15 minute

Circuit 1: 3 sets 90 seconds rest

60-80% Max Repetition

1. Barbell Squat 12 Reps
2. Body Weight Steps Ups 45s Each Leg

Circuit 2: 3 sets 90 seconds rest

60-80% Max Repetition

1. Barbell Romanian Dead Lift 8-12 Reps
2. High Box Jumps 12 Reps
3. Running in Place (high knees) 60s

Circuit 3: 3 sets 90 seconds rest

60-80% Max Repetition

1. Machine Leg Press 10 Reps
2. Standing Calf Raise Drop Set Heavy 12 Reps Followed by Lighter 30 reps
3. Jump Squats 20 Reps

Circuit 4: 3 sets 90 seconds rest

1. Walking Lunge with Barbell on Back 12 Reps Each Leg
2. 1 Footed Hops in Place 30s Each Leg.

Optional Cardio for Warriors (one or the other)

1. 30-45 Minutes incline cardio. Speed 3 to 4 and Incline 6 to 7.
 - a. Important: No holding on to machine
2. 2 Mile Run – do this as fast as you can



TUESDAY

Chest, Biceps, and Abs

Warm Up:

Treadmill @ 3 Incline Level 6-7 speed for 10 Minutes Or Bike @ Mid Resistance for 15 minute

Circuit 1: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Jump Squats
2. Incline Bar Bell Bench Press 8-12 Reps
3. Hanging Leg Raise from Pull Up Bar 8-12 Reps
4. Standing Dumbbell Alternating Curl 10-12 Reps

Circuit 2: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Split Lunge Squats (30s each side)
2. Dumbbell Incline Chest Press 8-12 Reps
3. Dumbbell Hammer Curl Drop Set 12 Reps/12 Reps/12 Reps drop.
4. Side Oblique Bends at Hip Level 20 Reps

Circuit 3: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Jump Squats
2. Cable Chest Fly at Mid Chest Level 8-12 Reps
3. Low Cable D Handle Curls from 1 Legged Lunge 12 Reps
4. Downward Wood Chops 10 Reps

Circuit 4: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Split Lunge Squats
2. Pushup over Bosu Ball (side to side) 8 Reps
3. Machine Curls 12 Reps
4. Decline Bench Abdominal Crunch

Optional Cardio for Warriors (one or the other)

1. 30-45 Minutes incline cardio. Speed 3 to 4 and Incline 6 to 7.
 - a. Important: No holding on to machine
2. 2 Mile Run – do this as fast as you can

WEDNESDAY

Cardio and Core

Warm Up:

Treadmill @ 3 Incline Level 6-7 speed for 10 Minutes Or Bike @ Mid Resistance for 15 minute

Core Workout: 3 Rotations of Ab Routine

1. 1 Minute Plank (Add a 45 lbs plate to back as you get stronger)
2. Hanging Leg Raises
3. 30 Crunches
4. Wide Stance Plank with Diagonal Arm Raises
5. Hanging Bicycle
6. 30 Crunches
7. Side Plank

Optional Cardio for Warriors (one or the other)

1. 30-45 Minutes incline cardio. Speed 3 to 4 and Incline 6 to 7.
 - a. Important: No holding on to machine
2. 2 Mile Run – do this as fast as you can

THURSDAY

Back, Triceps, and Abs

Warm Up:

Treadmill @ 3 Incline Level 6-7 speed for 10 Minutes Or Bike @ Mid Resistance for 15 minute

Circuit 1: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Running in Place (High Knees)
2. Bar Bell Bent Over Row 8-12 Reps
3. Seated Overhead Dumbbell Triceps Extension
4. Machine Lat Pull Downs

Circuit 2: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Walking Lunges
2. Dumbbell Bent Over Row on Bench 12 Reps
3. Supine EZ Bar Triceps Extension into Close Grip Press 12 Reps
4. High Cable D Handle Lat Row 12 Reps

Circuit 3: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Running in Place (High Knees)
2. Machine Mid Row 10-12 Reps
3. Machine Triceps Extension 12 Reps
4. Upward Wood Chops 10 Reps

Circuit 4: 3 sets 90 seconds rest

60-80% Max Repetition

1. 1 Minute Jump Rope or Running in Place (High Knees)
2. Body weight Pull Ups
3. Triceps (close grip) Pushups 20 Reps

Optional Cardio for Warriors (one or the other)

1. 30-45 Minutes incline cardio. Speed 3 to 4 and Incline 6 to 7.
 - a. Important: No holding on to machine
2. 2 Mile Run – do this as fast as you can



FRIDAY

Shoulders, Traps, and Cardio

Warm Up:

Treadmill @ 3 Incline Level 6-7 speed for 10 Minutes Or Bike @ Mid Resistance for 15 minute

Circuit 1: 3 sets 90 seconds rest

60-80% Max Repetition

1. Seated Dumbbell Overhead Military Press 8-12 Reps
2. Standing Bar Bell Front Shrug 8 Reps
3. Dumbbell Squat Thrusts 12 Reps
4. 10 Burpees

Circuit 2: 3 sets 90 seconds rest

60-80% Max Repetition

1. Standing Dumbbell Flys 12 Reps
2. Seated Dumbbell Shrug 10 Reps
3. Standing Arnold Dumbbell Press 10 Reps
4. 400 Meter Sprint (on Treadmill)

Circuit 3: 3 sets 90 seconds rest

60-80% Max Repetition

1. Seated bar bell military press (8-10 reps)
2. Standing bar bell shrugs
3. Single arm dumbbell swing (12 reps each)
4. 10 Burpees

Circuit 4: 3 sets 90 seconds rest

1. Front Plate Raise 12 Reps
2. Bent Over Dumbbell Flys 12 Reps
3. Farmers Walk w/ Dumbbells 30s Walks
4. 400 Meter Sprint (on Treadmill)

Optional Cardio for Warriors (one or the other)

1. 30-45 Minutes incline cardio. Speed 3 to 4 and Incline 6 to 7.
 - a. Important: No holding on to machine
2. 2 Mile Run – do this as fast as you can

SATURDAY

Cardio and Core

Warm Up:

Treadmill @ 3 Incline Level 6-7 speed for 10 Minutes Or Bike @ Mid Resistance for 15 minute

Core Workout: 3 Rotations of Ab Routine

1. 1 Minute Plank (Add a 45 lbs plate to back as you get stronger)
2. Hanging Leg Raises
3. 30 Crunches
4. Wide Stance Plank with Diagonal Arm Raises
5. Hanging Bicycle
6. 30 Crunches
7. Side Plank

Optional Cardio for Warriors (one or the other)

1. 30-45 Minutes incline cardio. Speed 3 to 4 and Incline 6 to 7.
 - a. Important: No holding on to machine
2. 2 Mile Run – do this as fast as you can

Looking for more tips and tricks?

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