



Phase 1– Monday Workouts

- Each workout consists of a 5-exercise metabolic resistance training circuit that works your whole body. You will perform Circuit A for the three consecutive weeks of Phase 1.

Exercise	Phase 1	Make It Easier	Make It Harder
1	Front-Loaded Squats	Bodyweight	Double DB Front Squat
2	DB Rows	Lighter Weight	Overhand Grip
3	Push-ups	Push-up On Knees	Elevate Feet
4	1-Leg Shoulders-Elevated Bridge LEFT	Bridge On The Floor	Increase Reps or Add DB
5	1-Leg Shoulders-Elevated Bridge LEFT	Bridge On The Floor	Increase Reps or Add DB

- Perform each move for either a 30-30 interval (30 seconds of work and 30 seconds of rest) or a 50-10 interval (50 seconds of work and 10 seconds of rest) based on your goals and equipment access. Read “30-30 or 50-10” to learn which interval is best for you.

Choose from one of the two BONUS custom interval links in the video description of the workout based on your individual schedule, fitness level, or recovery ability. Choose the lower end of the range if you’re short on time, a beginner, or you’re not feeling up to a full workout. Choose the higher end of that range if you’ve got more time, more advanced or you’re feeling great that day.
that day.

30-30 OR 50-10?

30-30- MUSCLE GAIN Interval: You perform each move for as many quality reps as possible in 30 seconds followed by 30 seconds of rest before moving on to the next exercise. *This is a shorter work period that requires the use of heavier loads and more challenging exercise variations. Choose loads that keep you in the 6-15 rep range for each 30-second work period.* You could also do 6-15 reps EMOM (every minute on the minute) if you prefer that over timed sets. If you're getting less than 6 reps, the load is too heavy or the move is too hard. If you're getting more than 15 reps, the load is too light or the move is too easy. The only exception to this rule is if you're using plyometric exercises (moves performed at fast, explosive tempo) in which case 15+ reps in 30 seconds would be the goal. The 30 seconds of rest also allows for a versatile exercise selection since you have more time to transition and setup from move to move.

50-10- FAT BURNING Interval: You perform each move for as many quality reps as possible in 50 seconds followed by 10 seconds of rest before moving on to the next exercise. *This is a longer work period that requires the use of lighter loads and less challenging exercise variations. Choose loads that keep you in the 15-25 rep range for each 50-second work period.* You could also do 15-25 reps EMOM (every minute on the minute) if you prefer that over timed sets. If you're getting less than 15 reps, the load is too heavy or the move is too hard. If you're getting more than 25 reps, the load is too light or the move is too easy. The only exception to this rule is if you're using plyometric exercises (moves performed at fast, explosive tempo) in which case 15+ reps in 30 seconds would be the goal. Please keep in mind that your exercise selection is much more limited with this interval because you've only got 10 seconds to switch between moves. So be sure to pick moves that allow for seamless transitions.

Note—both of these intervals will burn fat, build muscle, and boost metabolism. However, 30-30 intervals will provide more of a strength and muscle building stimulus where 50-10 intervals will provide more of a fat loss and endurance stimulus. In addition, since 30-30 intervals are more often progressed by increasing the load, they are better suited for individuals with access to a wider variety of weights and equipment. 50-10 intervals are infinitely more difficult simply by trying to get more total reps done with the same load and thus work better for individuals with limited equipment options.

Finally, and not to stereotype, in my experience the preferred interval also depends on your gender. Men tend to prefer 30-30 intervals and women tend to prefer 50-10 intervals. Why? Well, studies show that women inherently have more muscular endurance and tend to recover faster between exercises. And men tend to be larger and longer and have more overall muscle mass which increases the perceived effort per rep and the overall oxygen demand from training. This makes it significantly harder to recover between exercises compared. Ultimately, both options are awesome and should be used by everyone. Feel free to mix between options from day to day or week to week for some added variety. Furthermore, you can auto-regulate your training by choosing the interval based on how you feel that day. On days when you're feeling really good, and have access to more equipment, go heavy and hard with the 30-30 intervals. But on days when you're stressed out and feeling worn down, go lighter and longer with 50-10 intervals.

For the best of both worlds, sometimes I do 3 rounds at a 30-30 interval using heavier loads and then 2 rounds with a 50-10 interval using lighter loads. Ultimately, the options are endless so have fun and take control of your workouts!