

Go Hard, Finish Strong LLC

"THE STEADY BUILD UP" FITNESS GUIDE



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2. Each individual's health, fitness, and nutrition success depends on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.
3. The use of our information, products and services should be based on your own due diligence and you agree that our company is not liable for any success or failure of your physique that is directly or indirectly related to the use of our information, products and services.
4. Go Hard, Finish Strong highly recommends that you consult with your physician before beginning this program.
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OUR FITNESS GUIDES

Go Hard Finish Strong's has designed multiple fitness guides which allows anyone, anywhere to build their fitness in a effective and efficient way. We believe building your fitness should be in your hands, it is your domain.

We understand every single person on this earth is different, which means different things work for different people.

Our fitness guides are not the quick fix, our guides are designed to help you create a fitness lifestyle. Our guides are simple, flexible and are intended to help you build and/or improve your health & wellness.

What You Need To Know

It is all about change, so to get the change you seek, we recommend focusing on these three principles:

- ▶ **Stay consistent** - the more consistent you are the more change you will see.
- ▶ **Stay motivated** - motivation drives you to continue no matter how difficult it may get.
- ▶ **Stay discipline** - discipline is the number one key to change.

Lose! Win! Never Quit!

Go Hard, Finish Strong challenges you to hold yourself accountable.

"Accountability is the single most important key to improving and/or building fitness."



Our Fitness 's Outline

This fitness plans consist of three exercise domains. The Domains are:

- Domain 1 || Body Weight
- Domain 2 || Elastic Band(s)
- Domain 3 || Dumbbell(s)

Domain 1: Body Weight exercises

Our bodies were designed to naturally build strength as we grow. We can use our body as a workout tool to build our fitness and to avoid injury. Body weight exercises improves balance and flexibility by promoting weight loss, it also allows the ability to work multiple muscle groups at one time. The best part of body weight exercises, it allows for minimal stress on joints and muscles.

Domain 2: Elastic Band exercises

Elastic band exercises allow for versatility, they are convenient and easy to use, providing a great workout. Bands can be used for stretching to promote flexibility, to improve endurance and to help build strength. The great thing about elastic bands, they can assist with mastering difficult exercises.

Domain 3: Dumbbell exercises

Dumbbells allow the ability to do two things, increase muscle mass and improve muscle endurance. Muscle endurance is the ability to do something over and over for a certain amount of time without getting tired. Dumbbells also provides safety if you are training alone.

Go Hard Finish Strong guides focuses more on increasing muscle endurance by doing more repetitions with lighter weights. Here its not about the amount of weight you lift, but the number of repetitions, start light and build your way up to heavier.



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Our Fitness 's Outline

The Three Factors

Go Hard, Finish Strong fitness guides focuses on three main factors when designing fitness guides.

The Warm-Up

Warming up should be the first thing you do before you begin any workout. The worst thing anyone can do is not take time warming up. Why? Because a good warm-up helps you perform more effectively and efficiently. Warming up helps your body prepare for your workout, helping you to avoid injuries. Our warm up focuses on dynamic movements, movement to get the heart pumping and blood flowing. Dynamic warming up involves moving through your bodies range of motion.

Dynamic warming up is ideal for several reasons:

1. It activates the muscles you will be using.
2. It promotes flexibility and range of motion.
3. It prepares your body for the workout.
4. It enhances muscular performance and power.

The Workout

This workout focuses mainly on High Intensity Training (HIT), which is a cardiovascular exercise strategy alternating short periods of exercise with short periods of rest, allowing for recovery.

The Finisher

A finisher is a workout technique performed at the end of your regular workout. It targets muscle groups to a state of exhaustion, thus allowing you to build more muscle, strength and endurance.

"THE STEADY BUILD UP" FITNESS GUIDE



This fitness guide consist of the following:

- Three Phases
 - Each phases has four levels
 - Each level is one week in length
- Each week is comprised of four days of fitness and three days of recovery
 - Each week starts off moderate and builds in intensity

The Workout

- **The workout starts with a Warm-Up**
 - The warm-up has 3 to 5 dynamic movements
 - Each movement is to be conducted two to three times for 30 seconds each
- **The workout is broken down into three phases, each phase has four levels:**
 - Phase 1 - all body weight exercises || Level 1 to Level 4
 - Phase 2 - mainly elastic band exercises || Level 5 to Level 8
 - Phase 3 - mainly dumbbell exercises || Level 9 to Level 12
- Each Phase is four weeks long
 - This means this guide will last a total of 12 weeks
- Each phase starts off moderate and builds on difficulty as you move to the next level in each phase
- Each workout ranges from 30 minutes to 1:30.
- Each workout has anywhere from 1 to 6 exercises per workout and focuses on the full body or two to three muscle areas.
- Phase 1 & Phase 2 workouts are mainly designed to do repetitions of all the exercise to equal one full round and then repeat for a specific amount of rounds on a timed schedule.
 - Workout Example:
 - Conduct 3 rounds, 10 repetitions each exercise || 30 Seconds On, 30 Seconds Off each exercise || Complete all exercise one after the other until last exercise to equal one full round
- Phase 3 workout is designed to the a set number of repetitions of a exercise not on a timed base.
 - Workout Example:
 - Conduct 3 rounds of 10 repetitions each exercise for a total number of sets, 3 sets of 10 repetitions || Complete all repetitions and sets of an exercise prior to going to the next exercise
- **The Finisher is either a low intensity cardio or high intensity cardio exercise**
 - The exercise varies each workout and there are always two options to select from

Phase 1

Level 1

to

Level 4

Body-weight

Body-weight workouts are effective and efficient, they help to improve strength, endurance, flexibility, and balance. It combines cardio and strength training and can have a major impact on the body's metabolism. Body-weight exercises are generally safe for anyone regardless of experience, age, or fitness level.

The reason we have chosen to start this guide with body-weight exercises, it allows you to build up your strength and learn the proper movements of exercising, thus avoiding injury when you move to exercises which utilizes weight.

THE MAIN GOAL: focus on doing the exercise properly at a suitable pace. If you need to, you can modify the exercise to best fit your current fitness level.

WHAT YOU NEED FOR THIS PHASE

1. Your body
2. A workout bench or other sturdy similar platform (to be used for certain exercises)
3. The will to work and not give up



<p>Week 1</p> <p><i>Level 1</i></p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles Front & Back -Side Shuffle (Right & Left) -Arm X In & Out -Up, Over, Under (Right & Left) <p>Workout 3 rounds // 20 Seconds On, 40 Seconds Off</p> <ul style="list-style-type: none"> - Incline Push-Ups -Bicycle Crunches -Glute Bridge -Triceps Dips -Wall Sits <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jog 20 Seconds, Walk 40 Seconds - 6 Minutes -Bike Max Effort 20 Seconds, Slow 40 Seconds - 9 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Rotation Toe Touches -Standing Leg Swings (Left & Right) -Standing Good Mornings <p>Workout 3 rounds // 20 Seconds On, 40 Seconds Off</p> <ul style="list-style-type: none"> - Alternating Kneeling Bird Dogs -Push Up Position Shoulder Taps -Skater Hops -Push Up Position T-Rotations -Air Squats <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Stairs (Up & Down 4 Levels = 1 Set) 3 rounds Total -Jump Rope - 3 rounds // 30 Seconds 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -High Knees <p>Workout 3 rounds // 20 Seconds On, 40 Seconds Off</p> <ul style="list-style-type: none"> - Froggers <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (2) - 100 meter -Row 400 Meters 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Up, Over, Under (Right & Left) -Butt Kicks -High Knees -Walking Hamstring Stretch <p>Workout 3 rounds // 20 Seconds On, 40 Seconds Off</p> <ul style="list-style-type: none"> - Squat Jacks -Sit Ups -Alternate Lunges -Plank Ups -Two Feet Heal Raises <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jumping Jacks (20 Seconds On, 40 Seconds Off) - 4 Minutes -Mountain Climbers (20 Seconds On, 40 Seconds Off) - 4 Minutes
	<p>Week 2</p> <p><i>Level 2</i></p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles Front & Back -Side Shuffle (Right & Left) -Arm X In & Out -Up, Over, Under (Right & Left) <p>Workout 3 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Incline Push-Ups -Bicycle Crunches -Glute Bridge -Triceps Dips -Wall Sits <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jog 30 Seconds, Walk 30 Seconds - 8 Minutes -Bike Max Effort 30 Seconds, Slow 30 Seconds - 12 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Rotation Toe Touches -Standing Leg Swings (Left & Right) -Standing Good Mornings <p>Workout 3 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Alternating Kneeling Bird Dogs -Push Up Position Shoulder Taps -Skater Hops -Push Up Position T-Rotations -Air Squats <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Stairs (Up & Down 4 Levels = 1 Set) 4 rounds Total -Jump Rope - 4 rounds // 40 Seconds 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -High Knees <p>Workout 3 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Froggers <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (4) - 100 meter -Row 600 Meters 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>

<p>Week 3</p> <p><i>Level 3</i></p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles Front & Back -Side Shuffle (Right & Left) -Arm X In & Out -Up, Over, Under (Right & Left) <p>Workout 4 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Incline Push-Ups -Bicycle Crunches -Glute Bridge -Triceps Dips -Wall Sits <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jog 30 Seconds, Walk 30 Seconds - 10 Minutes -Bike Max Effort 30 Seconds, Slow 30 Seconds - 15 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Rotation Toe Touches -Standing Leg Swings (Left & Right) -Standing Good Mornings <p>Workout 4 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Alternating Kneeling Bird Dogs -Push Up Position Shoulder Taps -Skater Hops -Push Up Position T-Rotations -Air Squats <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Stairs (Up & Down 4 Levels = 1 Set) 5 rounds Total -Jump Rope - 5 rounds // 50 Seconds 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -High Knees <p>Workout 4 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Froggers <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (6) - 100 meter -Row 800 Meters 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Up, Over, Under (Right & Left) -Butt Kicks -High Knees -Walking Hamstring Stretch <p>Workout 4 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Squat Jacks -Sit Ups -Alternate Lunges -Plank Ups -Two Feet Heal Raises <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jumping Jacks (30 Seconds On, 30 Seconds Off) - 6 Minutes -Mountain Climbers (30 Seconds On, 30 Seconds Off) - 6 Minutes
	<p>Week 4</p> <p><i>Level 4</i></p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles Front & Back -Side Shuffle (Right & Left) -Arm X In & Out -Up, Over, Under (Right & Left) <p>Workout 3 rounds // 40 Seconds On, 20 Seconds Off</p> <ul style="list-style-type: none"> - Incline Push-Ups -Bicycle Crunches -Glute Bridge -Triceps Dips -Wall Sits <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jog 40 Seconds, Walk 20 Seconds - 12 Minutes -Bike Max Effort 40 Seconds, Slow 20 Seconds - 18 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Rotation Toe Touches -Standing Leg Swings (Left & Right) -Standing Good Mornings <p>Workout 3 rounds // 40 Seconds On, 20 Seconds Off</p> <ul style="list-style-type: none"> - Alternating Kneeling Bird Dogs -Push Up Position Shoulder Taps -Skater Hops -Push Up Position T-Rotations -Air Squats <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Stairs (Up & Down 4 Levels = 1 Set) 6 rounds Total -Jump Rope - 6 rounds // 60 Seconds 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -High Knees <p>Workout 3 rounds // 40 Seconds On, 20 Seconds Off</p> <ul style="list-style-type: none"> - Froggers <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (8) - 100 meter -Row 1000 Meters 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub</p>

Phase 2 Level 5 to Level 8 Elastic Band

Resistance bands are a means of strengthening and/or stretching your muscles. Training with resistance bands provides similar and sometimes even greater muscle activity as weight training. Bands involves a lower amount of force on the joints, which means that more stimulus can be provided to the muscles with less chance of injury. The constant tension from bands adds an element of required stabilization from your body to maintain form during many exercises.

THE MAIN GOAL: is to focus on doing the exercise properly at a suitable pace. If you need to, you can modify the exercise to best fit your current fitness level.

WHAT YOU NEED FOR THIS PHASE

1. Your body
2. A workout bench or other sturdy similar platform (to be used for certain exercise)
3. The will to work and not give up
4. Resistance Bands

TYPES OF BANDS RECOMMENDED:

- **Resistance Bands with Handles**– These tube bands are primarily used for working out and building muscle strength and size.



- **Power & Mobility Bands**–These heavy duty bands loop bands are most popular for cross-training and with power lifting.



<p>Week 1</p> <p>Level 5</p> <p>DO NOT USE BANDS (DNUB)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Wide Arm Circles Front & Back - Up, Over, Under (Right & Left) -Mountain Climbers <p>Workout 3 rounds // 20 Seconds On, 40 Seconds Off</p> <ul style="list-style-type: none"> - Standing Bicep Curls -Glute Bridges -Standing Bent Over Row -Plank Ups (DNUB) -Seated Rows -Standing Chest Press <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1 Mile Run -Bike 20 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 3 rounds // 10 Repetitions Each Exercise</p> <ul style="list-style-type: none"> -Kneeling Shoulder Press -Dead-lift -Lying Leg Leg Ups (DNUB) -Front Shoulder Raises -Back Flyes <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (3) - 100 meter -Row 400 Meters (High Intensity) 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Push Up Position Knee to Elbow <p>Workout 3 rounds // 10 Repetitions Each Exercise</p> <ul style="list-style-type: none"> - Burpees (DNUB) (Modified allowed) -Ab In & Outs (DNUB) <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jump Rope - 3 rounds // 30 Seconds -Skater Hops - 3 rounds // 30 Seconds 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Walking Knee Pull to Chest -Butt Kicks -High Knees -Bear Crawls <p>Workout 3 rounds // 20 Seconds On, 40 Seconds Off</p> <ul style="list-style-type: none"> - Squats -Incline T-Rotation Push Ups -Alternating Lunges (DNUB) -Ab Scissors (DNUB) -Goblet Squats -Two Feet Heal Raises <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jumping Jacks (20 Seconds On, 40 Seconds Off) - 4 Minutes -Row 400 Meters
<p>Week 2</p> <p>Level 6</p> <p>DO NOT USE BANDS (DNUB)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Wide Arm Circles Front & Back - Up, Over, Under (Right & Left) -Mountain Climbers <p>Workout 3 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Standing Bicep Curls -Glute Bridges -Standing Bent Over Row -Plank Ups (DNUB) -Seated Rows -Standing Chest Press <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1 Mile Run -Bike 20 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 3 rounds // 15 Repetitions Each Exercise</p> <ul style="list-style-type: none"> -Kneeling Shoulder Press -Dead-lift -Lying Leg Leg Ups (DNUB) -Front Shoulder Raises -Back Flyes <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (4) - 100 meter -Row 600 Meters (High Intensity) 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Push Up Position Knee to Elbow <p>Workout 4 rounds // 10 Repetitions Each Exercise</p> <ul style="list-style-type: none"> - Burpees (DNUB) (Modified allowed) -Ab In & Outs (DNUB) <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jump Rope - 4 rounds // 40 Seconds -Skater Hops - 4 rounds // 40 Seconds 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Walking Knee Pull to Chest -Butt Kicks -High Knees -Bear Crawls <p>Workout 3 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Squats -Incline T-Rotation Push Ups -Alternating Lunges (DNUB) -Ab Scissors (DNUB) -Goblet Squats -Two Feet Heal Raises <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jumping Jacks (30 Seconds On, 30 Seconds Off) - 6 Minutes -Row 600 Meters

<p>Week 3</p> <p><i>Level 7</i></p> <p>DO NOT USE BANDS (DNUB)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Wide Arm Circles Front & Back - Up, Over, Under (Right & Left) -Mountain Climbers <p>Workout 4 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Standing Bicep Curls -Glute Bridges -Standing Bent Over Row -Plank Ups (DNUB) -Seated Rows -Standing Chest Press <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1 Mile Run -Bike 20 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 3 rounds // 20 Repetitions Each Exercise</p> <ul style="list-style-type: none"> -Kneeling Shoulder Press -Dead-lift -Lying Leg Leg Ups (DNUB) -Front Shoulder Raises -Back Flyes <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (5) - 100 meter -Row 800 Meters (High Intensity) 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Push Up Position Knee to Elbow <p>Workout 4 rounds // 10 Repetitions Each Exercise</p> <ul style="list-style-type: none"> - Burpees (DNUB) (Modified allowed) -Ab In & Outs (DNUB) <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jump Rope - 5 rounds // 50 Seconds -Skater Hops - 5 rounds // 50 Seconds 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Walking Knee Pull to Chest -Butt Kicks -High Knees -Bear Crawls <p>Workout 4 rounds // 30 Seconds On, 30 Seconds Off</p> <ul style="list-style-type: none"> - Squats -Incline T-Rotation Push Ups -Alternating Lunges (DNUB) -Ab Scissors (DNUB) -Goblet Squats -Two Feet Heal Raises <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jumping Jacks (30 Seconds On, 30 Seconds Off) - 8 Minutes -Row 800 Meters
	<p>Week 4</p> <p><i>Level 8</i></p> <p>DO NOT USE BANDS (DNUB)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Wide Arm Circles Front & Back - Up, Over, Under (Right & Left) -Mountain Climbers <p>Workout 3 rounds // 40 Seconds On, 20 Seconds Off</p> <ul style="list-style-type: none"> - Standing Bicep Curls -Glute Bridges -Standing Bent Over Row -Plank Ups (DNUB) -Seated Rows -Standing Chest Press <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1 Mile Run -Bike 20 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 4 rounds // 20 Repetitions Each Exercise</p> <ul style="list-style-type: none"> -Kneeling Shoulder Press -Dead-lift -Lying Leg Leg Ups (DNUB) -Front Shoulder Raises -Back Flyes <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (6) - 100 meter -Row 1000 Meters (High Intensity) 	<p>Day 4</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 5</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Push Up Position Knee to Elbow <p>Workout 5 rounds // 10 Repetitions Each Exercise</p> <ul style="list-style-type: none"> - Burpees (DNUB) (Modified allowed) -Ab In & Outs (DNUB) <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jump Rope - 6 rounds // 60 Seconds -Skater Hops - 6 rounds // 60 Seconds 	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>

Phase 3

Level 9

to

Level 12

Dumbbell

Dumbbell exercises help to increase stabilization, thus helping to activate more muscle fibers. Using dumbbells helps you to identify imbalances in your limbs, helping to identify if one is weaker than the other. They are safer to use when training alone and provide the ability to conduct intense movements due to having a better range of motion.

THE MAIN GOAL: is to focus on doing the exercise properly at a suitable pace. If you need to, you can modify the exercise to best fit your current fitness level.

WHAT YOU NEED FOR THIS PHASE

1. Your body
2. An adjustable workout bench (to be used for certain exercise)
3. The will to work and not give up
4. Dumbbells

RECOMMENDED WEIGHT:

Female 15 to 35 pounds // Male 35 to 50 pounds

For this phase, it's not about how much you can lift but how many repetitions you are able to do in each round. The goal here is to do the same or close the same number of repetitions each round.



<p>Week 1</p> <p><i>Level 9</i></p> <p>DO NOT USE DUMBBELL (DNUD)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles (Front & Back) -Mountain Climbers -Bear Crawls -Jumping Jacks <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> - Thrusters -Push Up Position DB Slides -Hang Cleans -Marching Glute Bridge -Step Ups <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1.5 Mile Run -Bike 30 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Chest Press -Ab Russian Twist -Chest Incline Press -Triceps Kickbacks -Double Leg Lift -Weighted Triceps Dips -AB Roll Backs <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (2) - 200 meter -Row 800 Meters 	<p>Day 4</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Butt Kicks -Air Squats <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Goblet Squats Front Shoulder Raises -Reverse Lunges -Shoulder Press -Standing Heal Raise -Lateral Arm Raise <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Step Ups - 3 rounds // 30 Seconds Stairs (Up & Down 4 Levels = 1 Set) 3 rounds Total (DNUD) 	<p>Day 5</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles (Front & Back) -Butt Kicks -High Knees <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Hammer Curls -Deadlift -Alternating Curls (each arm) -Sit Ups with Twist -Rear Dealt Flyes -Reverse Bicep Curls -Bent Over Row <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jog 40 Seconds, Walk 20 Seconds - 6 Minutes -Jump Rope - 6 rounds // 40 Seconds - 20 Seconds off
	<p>Week 2</p> <p><i>Level 10</i></p> <p>DO NOT USE DUMBBELL (DNUD)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles (Front & Back) -Mountain Climbers -Bear Crawls -Jumping Jacks <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> - Thrusters -Push Up Position DB Slides -Hang Cleans -Marching Glute Bridge -Step Ups <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1.5 Mile Run -Bike 30 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Chest Press -Ab Russian Twist -Chest Incline Press -Triceps Kickbacks -Double Leg Lift -Weighted Triceps Dips -AB Roll Backs <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (3) - 200 meter -Row 1000 Meters (High Intensity) 	<p>Day 4</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Butt Kicks -Air Squats <p>Workout 3 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Goblet Squats Front Shoulder Raises -Reverse Lunges -Shoulder Press -Standing Heal Raise -Lateral Arm Raise <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Step Ups - 4 rounds // 30 Seconds Stairs (Up & Down 4 Levels = 1 Set) 4 rounds Total (DNUD) 	<p>Day 5</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>

<p>Week 3</p> <p><i>Level 11</i></p> <p>DO NOT USE DUMBBELL (DNUD)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles (Front & Back) -Mountain Climbers -Bear Crawls -Jumping Jacks <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> - Thrusters -Push Up Position DB Slides -Hang Cleans -Marching Glute Bridge -Step Ups <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1.5 Mile Run -Bike 30 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Chest Press -Ab Russian Twist -Chest Incline Press -Triceps Kickbacks -Double Leg Lift -Weighted Triceps Dips -AB Roll Backs <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (3) - 200 meter -Row 1000 Meters 	<p>Day 4</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Butt Kicks -Air Squats <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Goblet Squats Front Shoulder Raises -Reverse Lunges -Shoulder Press -Standing Heal Raise -Lateral Arm Raise <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Step Ups - 5 rounds // 30 Seconds Stairs (Up & Down 4 Levels = 1 Set) 5 rounds Total (DNUD) 	<p>Day 5</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 7</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles (Front & Back) -Butt Kicks -High Knees <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Hammer Curls -Deadlift -Alternating Curls (each arm) -Sit Ups with Twist -Rear Dealt Flyes -Reverse Bicep Curls -Bent Over Row <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Jog 40 Seconds, Walk 20 Seconds - 10 Minutes -Jump Rope - 10 rounds // 40 Seconds - 20 Seconds off
	<p>Week 4</p> <p><i>Level 12</i></p> <p>DO NOT USE DUMBBELL (DNUD)</p>	<p>Day 1</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm Circles (Front & Back) -Mountain Climbers -Bear Crawls -Jumping Jacks <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> - Thrusters -Push Up Position DB Slides -Hang Cleans -Marching Glute Bridge -Step Ups <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -1.5 Mile Run -Bike 30 Minutes 	<p>Day 2</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 3</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -Arm X In & Out -Standing Leg Swings (Left & Right) -Incline Push Ups <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Chest Press -Ab Russian Twist -Chest Incline Press -Triceps Kickbacks -Double Leg Lift -Weighted Triceps Dips -AB Roll Backs <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Sprints (4) - 200 meter -Row 1400 Meters 	<p>Day 4</p> <p>Dynamic Warm-Up 2 to 3 rounds // 30 Seconds Each</p> <ul style="list-style-type: none"> -High Knees - Alternating Kneeling Bird Dogs -Butt Kicks -Air Squats <p>Workout 4 rounds // 10 repetitions each</p> <ul style="list-style-type: none"> -Goblet Squats Front Shoulder Raises -Reverse Lunges -Shoulder Press -Standing Heal Raise -Lateral Arm Raise <p>Finisher: (choose one)</p> <ul style="list-style-type: none"> -Step Ups - 6 rounds // 30 Seconds Stairs (Up & Down 4 Levels = 1 Set) 6 rounds Total (DNUD) 	<p>Day 5</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>	<p>Day 6</p> <p>OFF DAY</p> <p>Recommend:</p> <p>Stretching Icing Heating Soak in Tub Massage</p>

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