



90 Day Transformation Program

First 30 Day's Total Body Circuit

First 30 Days, complete each exercise for two set of 10 reps. Perform 3 days a week. Rest 30 seconds between sets.

Exercise	Sets	Reps	Weight
Chest Press	2	10	
Tricep Press	2	10	
Back – Cable Row	2	10	
Bicep Curls	2	10	
Leg Extension	2	10	
Shoulder Military Press	2	10	
Ab Crunch Machine	2	10	
Circuit - Cardio/Strength Training – Complete 2 Rounds	Leg Raise Roller x 5 per leg		Kettlebell Goblet Squats x 10
	Medic Ball Lunge Twist x 4 per side		Plyobox Run x 30
	Sled Push and Pull (down and back 1x)		Monster Band Walk x 10

Cardio - Goal 1-3 miles on workout days – choose either Treadmill, Elliptical, Bike, Row or combo. 10,000 steps a day on non-workout days or 3-5 miles of cardio.



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Day 31-60 Total Body Circuit

Increase reps to 12. Rest 30 seconds between sets. Perform 3 days a week.

Exercise	Sets	Reps	Weight
Leg Press	2	12	
Seated Leg Curl	2	12	
Leg Extension	2	12	
Chest Pec Fly	2	12	
Tricep Cable Pull down	2	12	
Shoulder Plate Raises	2	12	
Back – Seated Row	2	12	
Bicep Curl Machine	2	12	
Ab Crunch Machine	2	12	
Circuit - Cardio/Strength Training – 2 Rounds	Bosu Squat Jump 10x	Band Shoulder Press x 8	
	kettlebell squat Press x10	Plyobox Jump x 10	
	Kettlebell Goblet Squat x 10	Bosu Ball Step Up x 10	

Cardio - Goal 1-3 miles on workout days – choose either Treadmill, Elliptical, Bike, Row or combo. 10,000 steps a day on non-workout days or 3-5 miles of cardio.



90 Day Transformation Program

Day 61-90 Upper/Lower Split w/ Increased Intensity

Alternate between the following 2 exercise routines every other workout.
Decrease weight for higher reps. Rest 30 seconds between sets.

Workout 1: Upper Body

Exercise	Sets	Reps	Weight
Chest Pec Fly	2	15	
Back Seated Row	2	15	
Leg Extension	2	15	
Dumbbell Shoulder Press	2	15	
Tricep Press down w/ cable rope	2	15	
Preacher Curls	2	15	
Circuit - Cardio/Strength Training – 2 Rounds	Bosu Squat	Medic Ball Twist x10	
	Jump 10x		
	Keettlebell squat Press x10	Plyobox Run x 30	
	Medic Ball Slam x 10	Kettlebell Swings x 10	

Cardio - Goal 1-3 miles on workout days – choose either Treadmill, Elliptical, Bike, Row or combo. 10,000 steps a day on non-workout days or 3-5 miles of cardio.

Workout 2: Lower Body

Exercise	Sets	Reps	Weight
Smith Machine Squats or Dumbbell Squats	2	15	
Leg Curl	2	15	
Leg Press	2	15	
Hyper Extension	2	15	
Calf Raise	2	15	
Abs Crunch	2	15	
Circuit - Cardio/Strength Training – 2 Rounds	Sled Push and Pull		Medic Ball Twist x10
	Kettlebell squat Press x10		Plyobox Run x 30
	Kettlebell Swings x 10		

Cardio - Goal 1-3 miles on workout days – choose either Treadmill, Elliptical, Bike, Row or combo. 10,000 steps a day on non-workout days or 3-5 miles of cardio.