

DROP SETS, SUPERSETS, & COMPLEXES

Coaching Overview

- Refer to the COACHING CUES CHEAT SHEET for the exact verbal cues to properly coach each exercise
- Below are the bracelet or band color system that allows each trainer to know exactly how to coach someone based upon what clearance tests they have NOT passed yet. If they have not cleared a particular test yet, they should not be adding heavy weight or load to that particular movement.

Bracelet	Clearance Tests
	<i>Toe Touch Test</i>
	<i>Shoulder Mob. Test</i>
	<i>Push-up Test</i>
	<i>Lunge Test</i>
	<i>Squat Test</i>

The 3-week system we use is simple and yet allows clients to constantly get better to avoid any plateaus in the fitness journey.

Week 1	Intro Week <i>Introduce the workouts; become familiar with the exercises; initial week to determine the right exercise progression and load; Find the right training base</i>
Week 2	Base Week <i>Perform the workout at the appropriate base that allows you to complete the workout but challenges you in the process.</i>
Week 3	Challenge Week <i>“Go for it” week; Strive to outperform your past results, try something you have never done, and set a new personal record for the workout.</i>

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Workout A

40-20 Drop Sets: Perform 40 seconds of work and 20 seconds of rest for each drop set station. Do four cycles.

#	Exercise Variation	Alternative	Level I	Level II	Level III
1	Split Squat Variation	Battle Ropes	Split Squat Hold L/R	Split Squat L/R	Progress From Drop Split Squat to Split Jump L/R
2	Band Push-up Variation	Front Plank	Box Elevated Push-ups/ Box Elevated Push-up HOLD	Push-ups/Push-up HOLD	Band Push-ups/ Bodyweight Push-ups
3	KB Sumo Jump Variation	Bootstrapper	Elevated Sumo Deadlift Drop Set	Sumo Deadlift	Sumo Deadlift Jump to Sumo Deadlift
4	TRX High Pull		Decrease Body Angle	TRX High Pull Drop Set	Increase Body Angle
	Side Plank Variation	Farmer Walks	Short Lever	Long Lever	Box Elevated

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Workout B

60-30 Strength Cardio Supersets; Perform 60 seconds of a strength exercise followed by 60 seconds of cardio exercise with a 30 second rest in between movements. Perform all three stations in a circuit format two times through followed by a 2- minute finisher. 20 Total Minutes.

#	Exercise Variation	Alternative	Level I	Level II	Level III
1	KB Clean to Squat Variation	TRX Row to Squat	Elevated KB Clean to Squat	KB Clean to Squat	2 to 1 Squat to Ratio
	Feet Over The Line (Forward Backwards)	Battle Rope Waves	Stepping	Jumping	Single Leg
2	Band Curl to Press Variation	Pike to Push-up HOLD	Yellow or Orange Band	Red Band	Black to Purple Band
	Feet Over The Line (Side to Side)	Battle Rope Waves	Stepping	Jumping	Single Leg
3	TRX Hinge to Scapular Raise		Higher Angle or Switch to Low Rows	Hinge to Y-Raise	Lower Angle or Add I-Raise/ T-Raise
	Inch Worm to Climbers	Battle Rope Waves	Inch Worm	Add Mountain Climbers	Add Jump

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Workout C

30-Second Complexes: Perform 30 seconds of each exercise in the following six exercise circuit back to back with no rest in between for 3 minutes followed by a 1-minute rest. Repeat this circuit five times for a 20 minute workout.

#	Exercise Variation	Alternative	Level I	Level II	Level III
1	Top Half Get Up Variation (L)	Battle Rope Waves	TRX Assisted Split	Bodyweight Top Half Get-up	Add Weight
2	Top Half Get Up Variation (R)	Battle Rope Waves	TRX Assisted Split	Bodyweight Top Half Get-up	Add Weight
3	Spider-man Push-ups Variation		Spider Lunge Push-ups	Spider Knee Ins + Push-up	Spider-man Push-ups
4	Step Runners Variation		Runners	Add Step	Side To Side Runners
5	Deadlift to Curl Variation (L)		Decrease Weight	1-Arm Deadlift to Curl	Increase Weight
6	Deadlift to Curl Variation (R)				