



Phase 1: Day 1/5

Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS						
All Four Reach		1	5 Breaths						
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Push-Up	1	2	15F						
	2	3	15F						
	3	4	15F						
	4	5	15F						
Chair-Supported Backpack Row	1	2	15F						
	2	3	15F						
	3	4	15F						
	4	5	15F						
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Romanian Deadlift Holding Backpack	1	1	15						
	2	2	15						
	3	2	15						
	4	2	15						
1-Arm Shoulder Press with Backpack	1	1	12/side						
	2	2	12/side						
	3	2	12/side						
	4	2	12/side						
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Push-Up Plank	1	1	5 breaths						
	2	2	5 breaths						
	3	2	5 breaths						
	4	2	5 breaths						
Goblet Squat Holding Backpack	1	1	8						
	2	2	8						
	3	2	8						
	4	2	8						
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
Abs—Reverse Crunches	1	1	AMRAP						
	2	2	AMRAP						
	3	2	AMRAP						
	4	3	AMRAP						
Triceps—Tricep Dips on Couch Edge	1	1	AMRAP						
	2	2	AMRAP						
	3	2	AMRAP						
	4	3	AMRAP						



Men's No Equipment /
Bodyweight Workout

Phase 1: Day 2/5

Aesthetic Postural Power (APP) Warm-Up Drill

SETS

REPS

Bird Dog

1

5/side

CIRCUIT A

WEEK

SETS

REPS

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6



Two-Point Backpack Row

1

2

12F

2

3

12F

3

4

12F

4

5

12F

Push-Up to Downward Dog

1

2

12F

2

3

12F

3

4

12F

4

5

12F

CIRCUIT B

WEEK

SETS

REPS

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6



Romanian Deadlift Holding Backpack

1

1

10

2

2

10

3

2

10

4

2

10

1-Arm Shoulder Press with Backpack

1

1

12/side

2

2

12/side

3

2

12/side

4

2

12/side

CIRCUIT C

WEEK

SETS

REPS

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6



Push-Up Plank

1

1

5 breaths

2

2

5 breaths

3

2

5 breaths

4

2

5 breaths

Split Squat Holding Backpack

1

1

5/side

2

2

5/side

3

2

5/side

4

2

5/side

OPTIONAL HOLLYWOOD CIRCUIT

WEEK

SETS

REPS

SET 1

SET 2

SET 3

SET 4

SET 5

SET 6



Biceps—Curls with backpack

1

1

AMRAP

2

2

AMRAP

3

2

AMRAP

4

3

AMRAP

Obliques—Russian Twists with Book

1

1

AMRAP

2

2

AMRAP

3

2

AMRAP

4

3

AMRAP



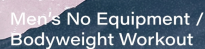
Phase 1: Day 3/5

Aesthetic Postural Power (APP) Warm-Up Drill		SETS	REPS							
90/90 Hip Lift on couch with towel		1	5 breaths							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
1-Arm Shoulder Press with Backpack	1	2	15F							☐
	2	3	15F							☐
	3	4	15F							☐
	4	5	15F							☐
Chair-Supported Backpack Row	1	2	15F							☐
	2	3	15F							☐
	3	4	15F							☐
	4	5	15F							☐
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Romanian Deadlift Holding Backpack	1	1	15							☐
	2	2	15							☐
	3	2	15							☐
	4	2	15							☐
1-Arm Shoulder Raise with Backpack	1	1	12/side							☐
	2	2	12/side							☐
	3	2	12/side							☐
	4	2	12/side							☐
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Push-Up Plank	1	1	5 breaths							☐
	2	2	5 breaths							☐
	3	2	5 breaths							☐
	4	2	5 breaths							☐
Goblet Squat Holding Backpack	1	1	8							☐
	2	2	8							☐
	3	2	8							☐
	4	2	8							☐
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Abs—Flutter Kicks	1	1	AMRAP							☐
	2	2	AMRAP							☐
	3	2	AMRAP							☐
	4	3	AMRAP							☐
Obliques—Side Plank Hip Lifts	1	1	AMRAP							☐
	2	2	AMRAP							☐
	3	2	AMRAP							☐
	4	3	AMRAP							☐



Phase 1: Day 4/5

[illegible]



Aesthetic Postural Power (APP) Warm-Up Drill				SETS	REPS					
Side Plank		1	3 breaths/side							
CIRCUIT A	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Two-Point Backpack Row	1	2	15F							□
	2	3	15F							□
	3	4	15F							□
	4	5	15F							□
Push-Up to Downward Dog	1	2	15F							□
	2	3	15F							□
	3	4	15F							□
	4	5	15F							□
CIRCUIT B	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Romanian Deadlift Holding Backpack	1	1	15							□
	2	2	15							□
	3	2	15							□
	4	2	15							□
1-Arm Shoulder Press with Backpack	1	1	12/side							□
	2	2	12/side							□
	3	2	12/side							□
	4	2	12/side							□
CIRCUIT C	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Push-Up Plank	1	1	5 breaths							□
	2	2	5 breaths							□
	3	2	5 breaths							□
	4	2	5 breaths							□
Goblet Squat Holding Backpack	1	1	8							□
	2	2	8							□
	3	2	8							□
	4	2	8							□
OPTIONAL HOLLYWOOD CIRCUIT	WEEK	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	✓
Abs—Flutter Kicks	1	1	AMRAP							□
	2	2	AMRAP							□
	3	2	AMRAP							□
	4	3	AMRAP							□
Triceps—Tricep Dips on Couch Edge	1	1	AMRAP							□
	2	2	AMRAP							□
	3	2	AMRAP							□
	4	3	AMRAP							□