

## FOUNDATIONS PHASES

There are three different phases in this program.

### Phase 1 - Lay it Down brick by brick

Build your base of strength and cardio endurance with upper and lower body splits in circuit format while improving fitness levels, neuromuscular coordination and stimulating fat burning.

### Phase 2 - Strength is powerful

Gain muscle and fine tune your fat burning machine with straight-set workouts and negatives while burning fat and calories with high intensity interval training and plyometrics.

### Phase 3 - Shred it

Get lean. Lose fat with circuits, supersets, giant sets and hiit while maintaining your hard earned muscle.



## FOUNDATIONS SCHEDULE

The beauty of this program is that it is customizable to your individual level of fitness. You will learn the principles involved in each phase and then decide how long your body needs to stay in that phase before progressing to the next. To help get you started, there will be three schedule options for you to choose from based on your current fitness level.

### BEGIN LIKE A BOSS

(New to fitness)

In this schedule you will take more time in all three phases. There is importance in allowing your body time to forge a strong foundation. You will develop mind/muscle coordination and new skills involved with fitness training.

Take your time, the periodization principles in this program will guide you safely and effectively. You will become more confident each week.

### BACK AT IT

(Experienced with fitness but it's been awhile)

In this schedule you will springboard off one week of focused conditioning in phase 1 and right into the bulk of the program. Spend as much time as you like in the muscle building phase before you finish with a week of high intensity fat burning.

### THE GRIND NEVER STOPS

(Experienced and have been training regularly)

In this schedule you enter the program conditioned and confident in your movements, so the focus will quickly become fine tuning the art of lifting. Once you have sculpted your desired muscle, reveal your efforts with a couple of weeks in the final shred.

## THE BRICKS OF THE PROGRAM

- Workout Schedule (choice of three)
- Detailed workout descriptions
- Video demos of each exercise (787878787 add link here)
- Nutrition program
- Ongoing team support in the private facebook Locker Room (<https://www.facebook.com/groups/668093627461043>)
- Connect direct with Karen via email - coach@uptraining.ca

## HOW TO FOLLOW THE PROGRAM

Choose your schedule based on what you initially feel is your best fit. As you progress through the schedule you can choose to extend any phase for as long as you feel you need it. This program is meant to be customized to your own pace, needs and preferences.

Using the schedule, identify the WOD (workout of the day). Then refer to the workout descriptions in the program pdf to read what is prescribed for that session. Follow the youtube links to watch accompanying demo videos for an example of each exercise.

As you learn to navigate the workouts and get yourself moving on the daily, your nutrition aka body fuel will be just as vital to feel and see results. Please refer to the nutrition component of this program for guidance on how to clean up your food habits and better yet eat for maximum return on your workout efforts.

## EQUIPMENT NEEDED

- Dumbbells or Barbells (varying weight ranges)
- Mat or fluffy towel
- Jump Rope (optional)
- Resistance bands (optional)

A big focus of this plan will be on muscle development. For those who do not have a wide range of equipment we will discuss varying techniques including Time Under Tension, Tempo Training and the basic Physics of Levers to help maximize your training.

