

# 6-WEEK WORKOUT PROGRAM

## PEAK PERFORMANCE



## INTRODUCTION

Welcome to your 6-week XS Peak Performance workout program! This extensive fitness regimen is designed to maximize physical strength, endurance, and overall performance. With tailored workout routines from Certified Personal Trainers and former athletes, guidance on goal-setting, and comprehensive recovery strategies, this program aims to support your journey toward a high level of optimized performance. This program is for you whether you're looking to enhance your performance or seeking to take your workouts to the next level. Get ready, it's time to lock in and begin your transformative journey toward your fitness goals. Let's go!

**LINK TO WORKOUT TUTORIAL VIDEOS:** [www.xsfitnessprogram.com/peakperformance](http://www.xsfitnessprogram.com/peakperformance)

## HELPFUL TIPS

**SUPERSETS:** In this program, you'll notice exercises labeled with letters and numbers, such as A1 + A2. This signifies that these exercises are to be performed consecutively, one after the other, with minimal to no rest in between. Supersets are a fantastic way to elevate the aerobic intensity of your exercise routine while also optimizing your workout time. By pairing two different exercises, you can efficiently target multiple muscle groups and keep your heart rate elevated throughout your session.

**EXERCISE GUIDANCE:** If you're ever unsure about how to perform a specific exercise or need assistance with your form, don't hesitate to click on the exercise name below to access guidance from our experienced trainers. Proper form is crucial for both safety and effectiveness, so take advantage of the resources available to you.

**WORKOUT FOCUS:** Each working day of your workout plan will have a designated focus, such as Strength or Conditioning. These daily focuses are further divided into various sections to challenge you in different ways, ensuring a well-rounded and effective fitness regimen. Stay committed to each day's objectives, and remember to listen to your body while pushing yourself to achieve your fitness goals.

**REST AND RECOVERY:** To optimize your progress and prevent burnout, our program includes dedicated rest and active recovery days. These include an endurance/recovery day aimed at enhancing mobility and facilitating quicker recovery, supplemented by endurance cardio to test your stamina. Additionally, we allocate one full rest/recovery day per week, allowing you to prioritize family time and recharge both your mind and muscles.

## WORKOUT OVERVIEW

| WEEK 1 |                                | WEEKS 2 -5 |                    | WEEK 6 |                                |
|--------|--------------------------------|------------|--------------------|--------|--------------------------------|
| Day 1  | Stamina & Endurance Assessment | Day 1      | Strength           | Day 1  | Stamina & Endurance Assessment |
| Day 2  | Strength Assessment            | Day 2      | Conditioning       | Day 2  | Strength Assessment            |
| Day 3  | Agility Assessment             | Day 3      | Strength           | Day 3  | Agility Assessment             |
| Day 4  | Active Recovery/Mobility       | Day 4      | Endurance/Recovery | Day 4  | Active Recovery/Mobility       |
| Day 5  | Strength Assessment            | Day 5      | Strength           | Day 5  | Strength Assessment            |
| Day 6  | Stamina & Endurance Assessment | Day 6      | HIIT/Core          | Day 6  | Stamina & Endurance Assessment |
| Day 7  | Rest                           | Day 7      | Rest               | Day 7  | Rest                           |

# ASSESSMENT WEEK 1

## DAY 1

### STAMINA & ENDURANCE

| START | ASSESSMENT   | ENTRY |
|-------|--|-------|
| 00:00 | 1 Mile Run for Time (Measurement of overall stamina)                                   |       |
| 15:00 | Max Pull Ups in 2 Minutes (Measurement of upper body strength and endurance)           |       |
| 20:00 | Max <u>Push Ups</u> in 2 Minutes (Measurement of muscular endurance in the upper body) |       |
| 25:00 | Max <u>Sit Ups</u> in 2 Minutes (Measurement of core strength and endurance)           |       |

## DAY 2

### STRENGTH

| START | ASSESSMENT   | ENTRY |
|-------|--|-------|
| 00:00 | Every 2 Minutes for 12 Minutes: Build to a heavy set of 3 reps max of <u>Back Squats</u> (Record max weight achieved)                                |       |
| 15:00 | Find Your 3 Rep <u>Bench Press</u> Max: Then take 70% of that weight and go for max reps (Record max weight achieved. Rest 2-3 minutes between sets) |       |

## DAY 3

### AGILITY

| START | ASSESSMENT   | ENTRY |
|-------|--|-------|
| 00:00 | 5-10-5 Agility Test   Rest 2-3 Minutes   Repeat No More Than 3 Times (Record your best time) |       |
| 10:00 | Max <u>Burpees</u> in 7 Minutes  |       |

## DAY 4

### ACTIVE RECOVERY/MOBILITY

| START | ASSESSMENT  | ENTRY |
|-------|---|-------|
| 00:00 | 30 Minutes of Active Recovery (Low intensity bike, skii, row, walk, etc.) |       |
| 30:00 | 30 Minutes of Active Mobility (Yoga, dynamic stretching, etc.)            |       |

## DAY 5

### STRENGTH

| START | ASSESSMENT  | ENTRY |
|-------|---|-------|
| 00:00 | Every 3 Minutes, for 15 Minutes - 3 Reps Max of <u>Deadlifts</u> (Increase weight throughout the rounds and record max weight achieved) |       |

## DAY 6

### STAMINA & ENDURANCE

| START | ASSESSMENT  | ENTRY |
|-------|---|-------|
| 00:00 | Every 3 Minutes, for 21 Minutes - 400 Meter Run (Scale down to 200 meters if needed, record your best time) |       |

## DAY 7

REST, HAVE FUN WITH YOUR FAMILY, PREPARE MEALS FOR THE NEXT WEEK, ETC.

**WEEKS 2 & 4****DAY 1 - STRENGTH****EVERY 3 MINUTES FOR 15 MINUTES**

| SUPERSET | EXERCISE                          | REPS | MODIFICATION |
|----------|-----------------------------------|------|--------------|
| A1       | <u>Box Squats</u>                 | 6    |              |
| A2       | <u>Dumbbell Floor Bench Press</u> | 12   |              |

**4 ROUNDS FOR TIME**

| SUPERSET | EXERCISE                   | REPS | MODIFICATION             |
|----------|----------------------------|------|--------------------------|
| B1       | <u>Dumbbell Deadlift</u>   | 15   |                          |
| B2       | <u>Dumbbell Push Press</u> | 15   |                          |
| B3       | <u>Box Jumps</u>           | 15   | Bench/ <u>Broad Jump</u> |

**4 ROUNDS**

| SUPERSET | EXERCISE                    | REPS | MODIFICATION                    |
|----------|-----------------------------|------|---------------------------------|
| C1       | <u>Weighted Pull Ups</u>    | 5-7  | <u>Eccentric Pull Up/Banded</u> |
| C2       | <u>Dumbbell Hammer Curl</u> | 10   |                                 |

**4 ROUNDS OF 30 SECONDS EACH**

| SUPERSET | EXERCISE                                  | LENGTH     | MODIFICATION |
|----------|---|------------|--------------|
| D1       | <u>Hanging L-Sit hold</u>                 | 30 seconds | Bent Knees   |
| D2       | <u>Double Kettlebell Front Rack March</u> | 30 seconds |              |

# DAY 2 - CONDITIONING

| DYNAMIC WARM UP                                     |            |                        |
|---|------------|------------------------|
| SPRINT PREP   | DISTANCE   |                        |
| Light Jog   | 400 meters |                        |
| Toy Soldier, Kick Butt, High Knee, Shuffle, Karaoke |            |                        |
| SPRINTS   |            |                        |
| TYPE  | DISTANCE   | REPS                   |
| Run   | 100 meters | 6-8 times at 70% speed |
| PLYOMETRICS   |            |                        |
| TYPE  | SETS       | REPS                   |
| <u>Tuck Jump</u>                                    | 3          | 10                     |
| <u>Jump Squats</u>                                  | 3          | 10                     |
| Lateral Bounds                                      | 3          | 5 per side             |
| <u>Broad Jumps</u>                                  | 3          | 5                      |
| <u>Plyo Push Ups</u>                                | 3          | 10                     |

# DAY 3 - STRENGTH

| REST NO MORE THAN 3 MINUTES                      |                        |                  |                            |
|--|------------------------|------------------|----------------------------|
| EXERCISE   | SETS                   | REPS             | MODIFICATION               |
| <u>Power Cleans</u> *Every 1:30 for 6 rounds     | 6                      | 3                | <u>Dumbbell Cleans</u>     |
| <u>Front Squats</u> *Rest no more than 3 minutes | 6                      | 6                | <u>Dumbbell Front Rack</u> |
| EVERY MINUTE ON THE MINUTE: 20 MINUTES           |                        |                  |                            |
| SUPERSET   | EXERCISE               | REPS             | MODIFICATION               |
| C1   | <u>Wall Walk</u>       | 5                | 45 Degree Mod              |
| C2   | <u>Wall Ball</u>       | 20               | Medicine Ball Thruster     |
| C3   | <u>Dumbbell Snatch</u> | 20               |                            |
| C4   | Rest                   |                  |                            |
| 4 ROUNDS   |                        |                  |                            |
| SUPERSET   | EXERCISE               | REPS             | MODIFICATION               |
| D1   | <u>Dumbbell Row</u>    | 10-15            |                            |
| D2   | <u>Dips</u>            | 15-20            | <u>Bench Dips</u>          |
| 3 ROUNDS   |                        |                  |                            |
| EXERCISE   | REPS                   | MODIFICATION     |                            |
| <u>Strict Toe-to-Bar</u>                         | 5-7                    | <u>Leg Lifts</u> |                            |

# DAY 4 - ENDURANCE/RECOVERY

| MOBILITY                        |  |
|---------------------------------|--|
| EXERCISE                        |  |
| Routine on Video                |  |
| ENDURANCE CARDIO: 30-45 MINUTES |  |
| EXERCISE                        |  |
| Bike                            |  |
| Swim                            |  |
| Run/Walk                        |  |
| Sport                           |  |

# DAY 5 - STRENGTH

| 6 ROUNDS *Rest 2 minutes between rounds |                           |      |                            |
|---|---------------------------|------|----------------------------|
| EXERCISE                                |                           | REPS | MODIFICATION               |
| <u>Sumo Deadlift</u>                    |                           | 6    | Sumo Dumbbell/Kettlebell   |
| <u>Overhead Barbell Lunge</u>           |                           | 12   | Single Dumbbell/Kettlebell |
| AS MANY REPS AS POSSIBLE: 15 MINUTES    |                           |      |                            |
| SUPERSET                                | EXERCISE                  | REPS | MODIFICATION               |
| C1                                      | <u>Renegade Push Ups</u>  | 10   | On Knees                   |
| C2                                      | <u>Barbell Hang Clean</u> | 10   | Dumbbell Hang Clean        |
| C3                                      | <u>Burpees</u>            | 10   |                            |
| 3 ROUNDS                                |                           |      |                            |
| SUPERSET                                | EXERCISE                  | REPS | MODIFICATION               |
| D1                                      | <u>Kettlebell Z-Press</u> | 20   | Dumbbell Z-Press           |
| D2                                      | <u>Chin Ups</u>           | 10   | Banded Chin Ups            |
| 4 ROUNDS                                |                           |      |                            |
| EXERCISE                                |                           | REPS | MODIFICATION               |
| <u>Barbell Hip Thrust</u>               |                           | 10   |                            |

# DAY 6 - HIIT/CORE

## TABATA 5 ROUNDS \*Rest 1 minute between Rounds

| SUPERSET | EXERCISE                    |
|----------|-----------------------------|
| A1       | <u>Kettlebell Swing</u>     |
| A2       | <u>Medicine Ball Slams</u>  |
| A3       | <u>Split Lunge</u>          |
| A4       | <u>Push Ups</u>             |
| A5       | <u>Supermans</u>            |
| A6       | <u>Jump Squats</u>          |
| A7       | <u>Plank</u>                |
| A8       | <u>Medicine Ball Cleans</u> |

## 2 ROUNDS \*Rest 1 minute between Rounds

| SUPERSET | EXERCISE             | LENGTH     |
|----------|----------------------|------------|
| B1       | L-Sit Hold           | 20 Seconds |
| B2       | <u>Russian Twist</u> | 20 Seconds |
| B3       | <u>Hollow Rock</u>   | 20 Seconds |

# DAY 7 - REST

FAMILY TIME, RECOVERY, RELAX

**WEEKS 3 & 5****DAY 1 - STRENGTH****EVERY 3 MINUTES FOR 15 MINUTES**

| SUPERSET | EXERCISE           | REPS | MODIFICATION          |
|----------|--------------------|------|-----------------------|
| A1       | <u>Back Squats</u> | 6    |                       |
| A2       | <u>Bench Press</u> | 12   | <u>Dumbbell Bench</u> |

**4 ROUNDS FOR TIME, EVERY 4 MINUTES \*Rest 1 minute between Rounds**

| SUPERSET | EXERCISE   | REPS | MODIFICATION      |
|----------|--|------|-------------------|
| B1       | 400 Meter Run  |      | Treadmill         |
| B2       | <u>Dumbbell Push Press</u>                             | 15   |                   |
| B3       | <u>Box Jumps</u> *Over remaining time of the 4 minutes |      | <u>Broad Jump</u> |

**4 ROUNDS**

| SUPERSET | EXERCISE                    | REPS | MODIFICATION             |
|----------|-----------------------------|------|--------------------------|
| C1       | <u>Weighted Pull Ups</u>    | 5-7  | <u>Eccentric Pull Up</u> |
| C2       | <u>Dumbbell Hammer Curl</u> | 10   |                          |

**4 ROUNDS OF 30 SECONDS EACH**

| SUPERSET | EXERCISE                                  | MODIFICATION |
|----------|---|--------------|
| D1       | <u>Hanging L-Sit Hold</u>                 | Bent Knees   |
| D2       | <u>Double Kettlebell Front Rack March</u> |              |

**DAY 2 - CONDITIONING****DYNAMIC WARM UP**

Sprint Prep

**SPRINTS**

| TYPE   | DISTANCE  | REPS                  |
|--------|-----------|-----------------------|
| Sprint | 60 Meters | 5-6 at 80%-90% effort |
| Sprint | 30 Meters | 3-4 at 100% effort    |

**PLYOMETRICS**

| TYPE                   | REPS |
|------------------------|------|
| <u>Tuck Jump</u>       | 40   |
| <u>Split Jumps</u>     | 40   |
| <u>Single Leg Hops</u> | 40   |
| Plyo Skips             | 40   |

# DAY 3 - STRENGTH

## 5 ROUNDS INCREASING WEIGHT \*Rest as needed

| SUPERSET | EXERCISE            | REPS | MODIFICATION               |
|----------|---------------------|------|----------------------------|
| A1       | <u>Power Cleans</u> | 3    | <u>Dumbbell Hang Clean</u> |
| A2       | <u>Front Squats</u> | 3    | <u>Dumbbell Front Rack</u> |

## 20-18-16-14-12-10-8-6-4-2 \*For time

| SUPERSET | EXERCISE               | MODIFICATION     |
|----------|------------------------|------------------|
| B1       | <u>Thrusters 95/65</u> | 75/45            |
| B2       | <u>Calorie Row</u>     | <u>Jump Rope</u> |

## 4 ROUNDS

| SUPERSET | EXERCISE            | REPS  | MODIFICATION      |
|----------|---------------------|-------|-------------------|
| D1       | <u>Dumbbell Row</u> | 10-15 |                   |
| D2       | <u>Dips</u>         | 15-20 | <u>Bench Dips</u> |

## 3 ROUNDS

| EXERCISE                 | REPS | MODIFICATION     |
|--------------------------|------|------------------|
| <u>Strict Toe-to-Bar</u> | 5-7  | <u>Leg Lifts</u> |

# DAY 4 - ENDURANCE/RECOVERY

## MOBILITY

|                       |
|-----------------------|
| Routine               |
| Shoulders, Hips, etc. |

## ENDURANCE CARDIO: 30 MINUTES

|          |
|----------|
| EXERCISE |
| Bike     |
| Swim     |
| Run/Walk |
| Sport    |



# DAY 5 - STRENGTH

| 6 ROUNDS *2 minute rest         |                                 |               |                              |
|---------------------------------|---------------------------------|---------------|------------------------------|
| EXERCISE                        |                                 | REPS          | MODIFICATION                 |
| <u>Deadlift</u>                 |                                 | 6             | <u>Hex Bar/Dumbbell Mod.</u> |
| <u>Barbell Front Rack Lunge</u> |                                 | 12            | <u>Dumbbell Front Rack</u>   |
| 5 ROUNDS                        |                                 |               |                              |
| SUPERSET                        | EXERCISE                        | SETS/DISTANCE | MODIFICATION                 |
| C1                              | <u>Assault Bike</u>             | 15 Cal        |                              |
| C2                              | <u>Kettlebell Farmer's Walk</u> | 100 Meters    |                              |
| C3                              | <u>Dips</u>                     | 15            |                              |
| 3 ROUNDS                        |                                 |               |                              |
| SUPERSET                        | EXERCISE                        | REPS          | MODIFICATION                 |
| D1                              | <u>Kettlebell Z-Press</u>       | 20            | <u>Dumbbell Z-Press</u>      |
| D2                              | <u>Chin Ups</u>                 | 10            | <u>Banded Chin Up</u>        |
| 4 ROUNDS                        |                                 |               |                              |
| EXERCISE                        |                                 | REPS          | MODIFICATION                 |
| <u>Barbell Hip Thrust</u>       |                                 | 10            |                              |

# DAY 6 - HIIT/CORE

| HIIT         |                           |
|--------------|---------------------------|
| EXERCISE     |                           |
| Shuttle Runs |                           |
| T-Drill      |                           |
| Cones        |                           |
| CORE         |                           |
| SUPERSET     | EXERCISE                  |
| B1           | L-Sit Hold                |
| B2           | <u>Medicine Ball Toss</u> |
| B3           | <u>Plank</u>              |

# DAY 7 - REST

**FAMILY TIME, RECOVERY, RELAX**

# ASSESSMENT WEEK 6

## DAY 1

### STAMINA & ENDURANCE

| START | ASSESSMENT   | ENTRY |
|-------|--|-------|
| 00:00 | 1 Mile Run for Time (Measurement of overall stamina)                                   |       |
| 15:00 | Max Pull Ups in 2 Minutes (Measurement of upper body strength and endurance)           |       |
| 20:00 | Max <u>Push Ups</u> in 2 Minutes (Measurement of muscular endurance in the upper body) |       |
| 25:00 | Max <u>Sit Ups</u> in 2 Minutes (Measurement of core strength and endurance)           |       |

## DAY 2

### STRENGTH

| START | ASSESSMENT   | ENTRY |
|-------|--|-------|
| 00:00 | Every 2 Minutes for 12 Minutes: Build to a heavy set of 3 reps max of <u>Back Squats</u> (Record max weight achieved)                                |       |
| 15:00 | Find Your 3 Rep <u>Bench Press</u> Max: Then take 70% of that weight and go for max reps (Record max weight achieved. Rest 2-3 minutes between sets) |       |

## DAY 3

### AGILITY

| START | ASSESSMENT   | ENTRY |
|-------|--|-------|
| 00:00 | 5-10-5 Agility Test   Rest 2-3 Minutes   Repeat No More Than 3 Times (Record your best time) |       |
| 10:00 | Max <u>Burpees</u> in 7 Minutes  |       |

## DAY 4

### ACTIVE RECOVERY/MOBILITY

| START | ASSESSMENT  | ENTRY |
|-------|---|-------|
| 00:00 | 30 Minutes of Active Recovery (Low intensity bike, skii, row, walk, etc.) |       |
| 30:00 | 30 Minutes of Active Mobility (Yoga, dynamic stretching, etc.)            |       |

## DAY 5

### STRENGTH

| START | ASSESSMENT  | ENTRY |
|-------|---|-------|
| 00:00 | Every 3 Minutes, for 15 Minutes - 3 Reps Max of <u>Deadlifts</u> (Increase weight throughout the rounds and record max weight achieved) |       |

## DAY 6

### STAMINA & ENDURANCE

| START | ASSESSMENT  | ENTRY |
|-------|---|-------|
| 00:00 | Every 3 Minutes, for 21 Minutes - 400 Meter Run (Scale down to 200 meters if needed, record your best time) |       |

## DAY 7

REST, HAVE FUN WITH YOUR FAMILY, PREPARE MEALS FOR THE NEXT WEEK, ETC.

# EXERCISES

| UPPER BODY                      |  |
|---------------------------------|--|
| EXERCISE                        | MODIFICATION                           |
| <u>Dumbbell Floor Press</u>     |  |
| <u>Bench Press</u>              | <u>Dumbbell Bench Press</u>            |
| <u>Weighted Pull Ups</u>        | <u>Eccentric Pull Ups</u>              |
| <u>Dumbbell Hammer Curl</u>     |  |
| <u>Dumbbell Row</u>             |  |
| <u>Dips</u>                     | <u>Bench Dips</u>                      |
| <u>Renegade Push Up</u>         | <u>From Knees</u>                      |
| <u>Kettlebell Z-Press</u>       | <u>Dumbbell Press</u>                  |
| <u>Chin Ups</u>                 | <u>Banded Chin Ups</u>                 |
| <u>Push Ups</u>                 |  |
| <u>Supermans</u>                |  |
| LOWER BODY                      |  |
| EXERCISE                        | MODIFICATION                           |
| <u>Box Squats</u>               | <u>Back Squat</u>                      |
| <u>Dumbbell Deadlift</u>        |  |
| <u>Barbell Front Squat</u>      | <u>Dumbbell/Kettlebell Front Squat</u> |
| <u>Sumo Deadlift</u>            |  |
| <u>Barbell Hip Thrust</u>       |  |
| <u>Split Jumps</u>              |  |
| <u>Jump Squats</u>              |  |
| <u>Barbell Deadlift</u>         | <u>Hex Bar/Dumbbell</u>                |
| <u>Barbell Front Rack Lunge</u> | <u>Dumbbell</u>                        |

# EXERCISES cont.

| FUNCTIONAL                                |                                  |
|---|----------------------------------|
| EXERCISE                                  | MODIFICATION                     |
| <u>Dumbbell Push Press</u>                |                                  |
| <u>Box Jumps</u>                          | <u>Broad Jumps</u>               |
| <u>Power Clean</u>                        | <u>Dumbbell Hang Clean</u>       |
| <u>Wall Walk</u>                          | 45 Degrees                       |
| <u>Wall Ball</u>                          |                                  |
| <u>Dumbbell Snatch</u>                    |                                  |
| <u>Overhead Dumbbell Lunge</u>            | <u>Single Arm Dumbbell Lunge</u> |
| <u>Barbell Hang Clean</u>                 |                                  |
| <u>Kettlebell Swings</u>                  |                                  |
| <u>Medicine Ball Slam</u>                 |                                  |
| <u>Medicine Ball Cleans</u>               |                                  |
| <u>Hang Power Clean</u>                   |                                  |
| <u>Barbell Thrusters</u>                  | Lighter Weight                   |
| CORE                                      |                                  |
| EXERCISE                                  | MODIFICATION                     |
| <u>Hanging L-Sit</u>                      | From Ground (Dumbbell)           |
| <u>Double Kettlebell Front Rack March</u> |                                  |
| <u>Strict Toe-to-Bar</u>                  | <u>Leg Lifts</u>                 |
| <u>Plank</u>                              |                                  |
| <u>Russian Twists</u>                     |                                  |
| <u>Hollow Rock</u>                        |                                  |
| <u>Tuck Jump</u>                          |                                  |
| <u>Split Jumps</u>                        |                                  |
| <u>Single Leg Hops</u>                    |                                  |
| <u>Plyo Skips</u>                         |                                  |
| <u>Kettlebell/Dumbbell Farmer's Walk</u>  |                                  |
| <u>Lateral Medicine Ball Toss</u>         |                                  |

# EXERCISES cont.

| CONDITIONING        |                  |
|---------------------|------------------|
| EXERCISE            | MODIFICATION     |
| <u>Calorie Row</u>  | <u>Jump Rope</u> |
| <u>Burpees</u>      |                  |
| <u>Assault Bike</u> |                  |

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