

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

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/Broad Jump

4 ROUNDS

SUPERSET	EXERCISE	REPS	MODIFICATION
C1	<u>Weighted Pull Ups</u>	5-7	Eccentric Pull Up/Banded
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	
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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