



LEANBODY  
TRANSFORMATION

*3-Month Strength and Cardio Program*

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# LeanBody Transformation:

## 3- Month Strength and Cardio Program

**W**elcome to the LeanBody Transformation 3- month strength and cardio program! This program is to be performed over 12 weeks, with two new strength workouts every four weeks. It can be scaled to your fitness level depending on the weights you use or the length of time you hold an exercise.

However, please keep in mind that this program is geared toward getting you fit and healthy as quickly as possible. This means I want you to be using weights that are heavy enough to make you need to work hard. The last few repetitions of each exercise, especially on the third set, should be pretty difficult. You should still be able to perform the exercise with perfect form, but you should need to dig deep and drive yourself to finish.

This workout program is to be used in conjunction with LeanBody Bootcamp classes. The number of classes you take each week affects how many times you perform this extra program, as we want to leave ample time to allow your body to rest and recover from the exercise. The more classes you take, the fewer times per week the extra program is used. For those taking 3+ classes a week, please perform this workout at least 1-2 times per week. For those taking 2 classes a week, please perform this workout 2-3 times per week. For those taking 1 class a week, this workout should be performed 4-5 times per week.

Alternate between the two workouts per month. For instance, one week you might perform Workout One twice and Workout Two once. The next week, switch: perform Workout Two twice and Workout One once. Use each month's workouts for only four weeks.

If you feel the need to exercise twice per day, please keep in mind that it should only be for short periods of time (2- to 4- weeks). You should be stretching regularly, and using plenty of the mobility exercises taught to you in class.

Allow yourself to be creative with the cardio workouts- you do not need to attach yourself to a treadmill or elliptical machine to perform them. You may also use jump squats, jump rope, rollerblades, hill sprints, stairs, burpees, and even dance movements to perform interval training. You must, however, choose an exercise that you can modify the intensity of fairly easily, and the top intensity should be one that has you pushing yourself hard toward the end of the time allotted (if the intervals call for 30 seconds, you should have a hard time finishing that 30 seconds).

Please keep good records of your exercise! If you keep a record of it, you can see where you're improving and where you're lagging. Write down the weights you use, the speed you run at, how you felt at the end of the workout, whether that meal beforehand helped or hindered your workout, etc. Try to improve your workout a little bit each time you exercise- do a slightly heavier weight on one exercise, do an extra repetition, move a little faster, rest a little bit less- choose one each workout and keep building on it.

## Month One

## Workout One

*Perform 1-2x per week (alternate with Workout Two)*

*Workout One Directions: Do a short (5 min) warm-up consisting of three exercises at an easy pace, allowing the blood to flow and muscles to begin activating (turning on). Proceed into the Strength Workout. Use weights that are heavy enough to cause your muscles to be very tired at the end (the last few reps of each exercise are tough but do-able). Do 1A followed immediately by 1B, then take a 1-minute rest and repeat those two exercises again for two more sets. Continue in the same way with the rest of the strength portion. After, you can continue on to the interval workout, or you can choose to do the interval workout on another day. Keep records and try to improve each workout!*

### Strength Workout

Date:						
Exercise	Weight	Weight	Weight	Weight	Weight	Weight
1A) DB Squat (8 reps)						
1B) Shoulder Press (8 reps)						
<i>Rest 1 minute, repeat 1A/1B two times</i>						
2A) DB Split Squat (10 reps ea)						
2B) Plank (60-90 sec)						
<i>Rest 1 minute, repeat 2A/2B two times</i>						
3A) DB Back Row (8 reps)						
3B) Stability Ball Crunches (15 reps)						
<i>Rest 1 minute, repeat 3A/3B two times</i>						
<b>Move on to the Interval Workout</b>						

*Interval Directions: Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise). Exercise for 1 minute at a hard pace (at a subjective 8/10 level of effort). Follow that with "active rest" for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of effort). Repeat for a total of 4 intervals. (Add a 5<sup>th</sup> interval if you are more advanced.) Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down. Keep records and try to improve each workout!*

### Interval Workout

Minute by Minute	Type	Intensity Level	Date/Notes				
1:00-1:59	Warm up	3 out of 10					
2:00-2:59	Warm up	4 out of 10					
3:00-3:59	Warm up	4 out of 10					
4:00-4:59	Warm up	5 out of 10					
5:00-5:59	Hard	8 out of 10					
6:00-7:59	Easy	3 out of 10					
8:00-8:59	Hard	8 out of 10					
9:00-10:59	Easy	3 out of 10					
11:00-11:59	Hard	8 out of 10					
12:00-13:59	Easy	3 out of 10					
14:00-14:59	Hard	8 out of 10					
15:00-19:59	Cool Down	3 out of 10					
20 minutes total							

## Month One

## Workout Two

Perform 1-2x per week (alternate with Workout One)

*Workout Two Directions: Do a short (5 min) warm-up consisting of three exercises at an easy pace, allowing the blood to flow and muscles to begin activating (turning on). Proceed into the Strength Workout. Use weights that are heavy enough to cause your muscles to be very tired at the end (the last few reps of each exercise are tough but do-able). Do 1A followed immediately by 1B, then take a 1-minute rest and repeat those two exercises again for two more sets. Continue in the same way with the rest of the strength portion. After, you can continue on to the interval workout, or you can choose to do the interval workout on another day. Keep records and try to improve each workout!*

### Strength Workout

Date:						
Exercise	Weight	Weight	Weight	Weight	Weight	Weight
1A) 1-legged Step Down (10 reps ea)						
1B) Inverted Row (10 reps)						
<i>Rest 1 minute, repeat 1A/1B two times</i>						
2A) Side to Side Squats (8 reps)						
2B) Chest Press (8 reps)						
<i>Rest 1 minute, repeat 2A/2B two times</i>						
3A) Roman Deadlift (8 reps)						
3B) Russian Twists (8 reps)						
<i>Rest 1 minute, repeat 3A/3B two times</i>						
<b>Move on to the Interval Workout</b>						

*Interval Directions: Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise). Exercise for 1 minute at a hard pace (at a subjective 8/10 level of effort). Follow that with "active rest" for 1 minute by exercising at a slow pace (at a subjective 3/10 level of effort). Repeat for a total of 5 intervals. Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down. Keep records and try to improve each workout!*

### Interval Workout

Minute by Minute	Type	Intensity Level	Date/Notes				
1:00-1:59	Warm up	3 out of 10					
2:00-2:59	Warm up	4 out of 10					
3:00-3:59	Warm up	4 out of 10					
4:00-4:59	Warm up	5 out of 10					
5:00-5:59	Hard	8 out of 10					
6:00-6:59	Easy	3 out of 10					
7:00-7:59	Hard	8 out of 10					
8:00-8:59	Easy	3 out of 10					
9:00-9:59	Hard	8 out of 10					
10:00-10:59	Easy	3 out of 10					
11:00-11:59	Hard	8 out of 10					
12:00-12:59	Easy	3 out of 10					
13:00-13:59	Hard	8 out of 10					
14:00-19:59	Cool Down	3 out of 10					
20 minutes total							

## Month Two

## Workout One

Perform 1-2x per week (alternate with Workout Two)

*Workout One Directions: Do a short (5 min) warm-up consisting of three exercises at an easy pace, allowing the blood to flow and muscles to begin activating (turning on). Proceed into the Strength Workout. Use weights that are heavy enough to cause your muscles to be very tired at the end (the last few reps of each exercise are tough but do-able). Do 1A followed immediately by 1B, then take a 1-minute rest and repeat those two exercises again for two more sets. Continue in the same way with the rest of the strength portion. After, you can continue on to the interval workout, or you can choose to do the interval workout on another day. Keep records and try to improve each workout!*

### Strength Workout

Date:						
Exercise	Weight	Weight	Weight	Weight	Weight	Weight
1A) Forward Lunge (10 reps ea)						
1B) Back Row (10 reps ea)						
<i>Rest 1 minute, repeat two times</i>						
2A) 1-Leg Stability Ball Leg Curl (8 reps)						
2B) 1.5 Push-ups (8 reps)						
<i>Rest 1 minute, repeat two times</i>						
3A) Russian Twist (15 reps ea)						
3B) Prone Cobra (45-90 sec)						
<i>Rest 1 minute, repeat two times</i>						
<b>Move on to the Interval Workout</b>						

*Interval Directions: Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise). Exercise for 1 minute at a hard pace (at a subjective 8/10 level of effort). Follow that with "active rest" for 1 minute by exercising at a slow pace (at a subjective 3/10 level of effort). Repeat for a total of 5 intervals. Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down. Keep records and try to improve each workout!*

### Interval Workout

Minute by Minute	Type	Intensity Level	Date/Notes				
1:00-1:59	Warm up	3 out of 10					
2:00-2:59	Warm up	4 out of 10					
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4:00-4:59	Warm up	5 out of 10					
5:00-5:59	Hard	8 out of 10					
6:00-6:59	Easy	3 out of 10					
7:00-7:59	Hard	8 out of 10					
8:00-8:59	Easy	3 out of 10					
9:00-9:59	Hard	8 out of 10					
10:00-10:59	Easy	3 out of 10					
11:00-11:59	Hard	8 out of 10					
12:00-12:59	Easy	3 out of 10					
13:00-13:59	Hard	8 out of 10					
14:00-19:59	Cool Down	3 out of 10					
20 minutes total							

## Month Two

## Workout Two

Perform 1-2x per week (alternate with Workout One)

*Workout Two Directions: Do a short (5 min) warm-up consisting of three exercises at an easy pace, allowing the blood to flow and muscles to begin activating (turning on). Proceed into the Strength Workout. Use weights that are heavy enough to cause your muscles to be very tired at the end (the last few reps of each exercise are tough but do-able). Do 1A followed immediately by 1B, then take a 1-minute rest and repeat those two exercises again for two more sets. Continue in the same way with the rest of the strength portion. After, you can continue on to the interval workout, or you can choose to do the interval workout on another day. Keep records and try to improve each workout!*

### Strength Workout

Date:						
Exercise	Weight	Weight	Weight	Weight	Weight	Weight
1A) 1-legged Step Down (8 reps ea)						
1B) Shoulder Press (8 reps)						
<i>Rest 1 minute, repeat two times</i>						
2A) Squat (8 reps)						
2B) Lat Pull-down (8 reps)						
<i>Rest 1 minute, repeat two times</i>						
3A) Roman Deadlift (10 reps)						
3B) Knee Ups (8 reps)						
<i>Rest 1 minute, repeat two times</i>						
<b>Interval Workout</b>						

*Interval Directions: Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise). Exercise for 30 seconds at a hard pace (at a subjective 8/10 level of effort). Follow that with "active rest" for 30 seconds by exercising at a slow pace (at a subjective 3/10 level of effort). Repeat for a total of 5 intervals. Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down. Keep records and try to improve each workout!*

### Interval Workout

Minute by Minute	Type	Intensity Level	Date/Notes				
1:00-1:59	Warm up	3 out of 10					
2:00-2:59	Warm up	4 out of 10					
3:00-3:59	Warm up	4 out of 10					
4:00-4:59	Warm up	5 out of 10					
5:00-5:29	Hard	8 out of 10					
5:30-5:59	Easy	3 out of 10					
6:00-6:29	Hard	8 out of 10					
6:30-6:59	Easy	3 out of 10					
7:00-7:29	Hard	8 out of 10					
7:30-7:59	Easy	3 out of 10					
8:00-8:29	Hard	8 out of 10					
8:30-8:59	Easy	3 out of 10					
9:00-9:29	Hard	8 out of 10					
9:30-13:59	Medium	6 out of 10					
14:00-19:59	Cool Down	3 out of 10					
20 minutes total							

## Month Three

## Workout One

Perform 1-2x per week (alternate with Workout Two)

*Workout One Directions: Do a short (5 min) warm-up consisting of three exercises at an easy pace, allowing the blood to flow and muscles to begin activating (turning on). Proceed into the Strength Workout. Use weights that are heavy enough to cause your muscles to be very tired at the end (the last few reps of each exercise are tough but do-able). Do 1A followed immediately by 1B, then take a 1-minute rest and repeat those two exercises again for two more sets. Continue in the same way with the rest of the strength portion. After, you can continue on to the interval workout, or you can choose to do the interval workout on another day. Keep records and try to improve each workout!*

### Strength Workout

Date:						
Exercise	Weight	Weight	Weight	Weight	Weight	Weight
1A) Bulgarian Split Squats (6 reps)						
1B) Inverted Row (6 reps)						
<i>Rest 1 minute, repeat two times</i>						
2A) Squats (12 reps)						
2B) Russian Twist (12 ea)						
<i>Rest 1 minute, repeat two times</i>						
3A) SB Leg Curl (15 reps)						
3B) Plank (30-120 sec)						
<i>Rest 1 minute, repeat two times</i>						
<b>Interval Workout</b>						

*Interval Directions: Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise). Exercise for 1 minute at a hard pace (at a subjective 8/10 level of effort). Follow that with "active rest" for 1 minute by exercising at a slow pace (at a subjective 3/10 level of effort). Repeat for a total of 5 intervals. Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down. Keep records and try to improve each workout!*

### Interval Workout

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7:00-7:59	Hard	8 out of 10					
8:00-8:59	Easy	3 out of 10					
9:00-9:59	Hard	8 out of 10					
10:00-10:59	Easy	3 out of 10					
11:00-11:59	Hard	8 out of 10					
12:00-12:59	Easy	3 out of 10					
13:00-13:59	Hard	8 out of 10					
14:00-14:59	Easy	3 out of 10					
15:00-15:59	Hard	8 out of 10					
16:00-20:59	Cool down	3 out of 10					
21 minutes total							

## Month Three

## Workout Two

*Perform 1-2x per week (alternate with Workout One)*

*Workout Two Directions: Do a short (5 min) warm-up consisting of three exercises at an easy pace, allowing the blood to flow and muscles to begin activating (turning on). Proceed into the Strength Workout. Use weights that are heavy enough to cause your muscles to be very tired at the end (the last few reps of each exercise are tough but do-able). Do 1A followed immediately by 1B, then take a 1-minute rest and repeat those two exercises again for two more sets. Continue in the same way with the rest of the strength portion. After, you can continue on to the interval workout, or you can choose to do the interval workout on another day. Keep records and try to improve each workout!*

### Strength Workout

Date:						
Exercise	Weight	Weight	Weight	Weight	Weight	Weight
1A) Split Squats (10 reps)						
1B) Side Plank (30-90 sec ea)						
<i>Rest 1 minute, repeat two times</i>						
2A) Reverse Lunge (10 reps ea)						
2B) Back Row (10 reps)						
<i>Rest 1 minute, repeat two times</i>						
3A) Chest Press (10 reps)						
3B) V-Up Hold (30-60 sec)						
<i>Rest 1 minute, repeat two times</i>						
<b>Interval Workout</b>						

*Interval Directions: Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise). Exercise for 1 minute at a hard pace (at a subjective 8/10 level of effort). Follow that with "active rest" for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of effort). Repeat for a total of 4 intervals. (Add a 5<sup>th</sup> interval if you are more advanced.) Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down. Keep records and try to improve each workout!*

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5:00-5:59	Hard	8 out of 10					
6:00-7:59	Easy	3 out of 10					
8:00-8:59	Hard	8 out of 10					
9:00-10:59	Easy	3 out of 10					
11:00-11:59	Hard	8 out of 10					
12:00-13:59	Easy	3 out of 10					
14:00-14:59	Hard	8 out of 10					
15:00-16:59	Easy	3 out of 10					
17:00-17:59	Hard	8 out of 10					
18:00-19:59	Easy	3 out of 10					
20:00-20:59	Hard	8 out of 10					
21:00-24:59	Cool Down	3 out of 10					
25 minutes total							

MONTH ONE

SUN	MON	TUES	WED	THURS	FRI	SAT

MONTH TWO

SUN	MON	TUES	WED	THURS	FRI	SAT

MONTH THREE

SUN	MON	TUES	WED	THURS	FRI	SAT