

#9WCF BRAG BOARD



PHASE 1

WEEK 1
ACTIVATE

WORKOUT 1
DCT-T: BACK & BICEPS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 2
DCT-T: CHEST & TRICEPS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 3
TABATA CARDIO

TABATA 1:

BEST REPS	BEST REPS
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TABATA 2:

BEST REPS	BEST REPS
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TABATA 3:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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REST DAY

WORKOUT 4
DCT-T: SHOULDERS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 5
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP		

REST DAY

WEEK 2
STIMULATE

WORKOUT 1
DCT-T: BACK & BICEPS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 2
DCT-T: CHEST & TRICEPS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 3
TABATA CARDIO

TABATA 1:

BEST REPS	BEST REPS
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TABATA 2:

BEST REPS	BEST REPS
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TABATA 3:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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REST DAY

WORKOUT 4
DCT-T: SHOULDERS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 5
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP		

REST DAY

WEEK 3
ACCELERATE

WORKOUT 1
DCT-T: BACK & BICEPS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 2
DCT-T: CHEST & TRICEPS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 3
TABATA CARDIO

TABATA 1:

BEST REPS

TABATA 2:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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TABATA 3:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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REST DAY

WORKOUT 4
DCT-T: SHOULDERS

DENSITY:

COMPLEX:

TABATA:

WORKOUT 5
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP		

REST DAY

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

#9WCF BRAG BOARD



PHASE 2

WEEK 1
CONCENTRATE

WORKOUT 1
TABATA CARDIO

TABATA 1:
BEST REPS BEST REPS

TABATA 2:
BEST REPS BEST REPS

TABATA 3:
BEST REPS BEST REPS BEST REPS BEST REPS

WORKOUT 2
DCT-T: SHOULDERS

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

REST DAY

WORKOUT 3
DCT-T: BICEPS & TRICEPS

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

WORKOUT 4
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP

REST DAY

WORKOUT 5
DCT-T: BACK & CHEST

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

WEEK 2
ELEVATE

WORKOUT 1
TABATA CARDIO

TABATA 1:
BEST REPS BEST REPS

TABATA 2:
BEST REPS BEST REPS

TABATA 3:
BEST REPS BEST REPS BEST REPS BEST REPS

WORKOUT 2
DCT-T: SHOULDERS

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

REST DAY

WORKOUT 3
DCT-T: BICEPS & TRICEPS

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

WORKOUT 4
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP

REST DAY

WORKOUT 5
DCT-T: BACK & CHEST

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

WEEK 3
RECREATE

WORKOUT 1
TABATA CARDIO

TABATA 1:
BEST REPS BEST REPS

TABATA 2:
BEST REPS BEST REPS BEST REPS BEST REPS

TABATA 3:
BEST REPS BEST REPS BEST REPS BEST REPS

WORKOUT 2
DCT-T: SHOULDERS

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

REST DAY

WORKOUT 3
DCT-T: BICEPS & TRICEPS

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

WORKOUT 4
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP

REST DAY

WORKOUT 5
DCT-T: BACK & CHEST

DENSITY:
ROUNDS

COMPLEX:
WEIGHT/TUBING

TABATA:
PERSONAL BEST #

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

#9WCF BRAG BOARD



PHASE 3

WEEK 1
DOMINATE

WORKOUT 1
DCT-T: BACK & LEGS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

WORKOUT 2
TABATA CARDIO

TABATA 1:

BEST REPS	BEST REPS
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TABATA 2:

BEST REPS	BEST REPS
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TABATA 3:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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REST DAY

WORKOUT 3
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP

WORKOUT 4
DCT-T: CHEST & TRICEPS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

WORKOUT 5
DCT-T: SHOULDERS & BICEPS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

REST DAY

WEEK 2
INCINERATE

WORKOUT 1
DCT-T: BACK & LEGS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

WORKOUT 2
TABATA CARDIO

TABATA 1:

BEST REPS	BEST REPS
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TABATA 2:

BEST REPS	BEST REPS
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TABATA 3:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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REST DAY

WORKOUT 3
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP

WORKOUT 4
DCT-T: CHEST & TRICEPS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

WORKOUT 5
DCT-T: SHOULDERS & BICEPS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

REST DAY

WEEK 3
ANNIHILATE

WORKOUT 1
DCT-T: BACK & LEGS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

WORKOUT 2
TABATA CARDIO

TABATA 1:

BEST REPS	BEST REPS
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TABATA 2:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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TABATA 3:

BEST REPS	BEST REPS	BEST REPS	BEST REPS
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REST DAY

WORKOUT 3
TOTAL BODY TONE

WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP
WEIGHT TUBING STEP	WEIGHT TUBING STEP	WEIGHT TUBING STEP

WORKOUT 4
DCT-T: CHEST & TRICEPS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

WORKOUT 5
DCT-T: SHOULDERS & BICEPS

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

REST DAY

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.