

9WCF BRAG BOARD

9 week
CONTROL FREAK

PHASE 1

WEEK 1
ACTIVATE

| | | | | | |
|--|--|---|-----------------|--------------------------------------|--|
| WORKOUT 1 DCT-T: BACK & BICEPS | WORKOUT 2 DCT-T: CHEST & TRICEPS | WORKOUT 3 TABATA CARDIO | REST DAY | WORKOUT 4 DCT-T: SHOULDERS | WORKOUT 5 TOTAL BODY TONE |
| DENSITY: ROUNDS | DENSITY: ROUNDS | TABATA 1: BEST REPS BEST REPS | | DENSITY: ROUNDS | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |
| COMPLEX: WEIGHT/TUBING | COMPLEX: WEIGHT/TUBING | TABATA 2: BEST REPS BEST REPS | | COMPLEX: WEIGHT/TUBING | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |
| TABATA: PERSONAL BEST # | TABATA: PERSONAL BEST # | TABATA 3: BEST REPS BEST REPS BEST REPS BEST REPS | | TABATA: PERSONAL BEST # | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |

WEEK 2
STIMULATE

| | | | | | |
|--|--|---|-----------------|--------------------------------------|--|
| WORKOUT 1 DCT-T: BACK & BICEPS | WORKOUT 2 DCT-T: CHEST & TRICEPS | WORKOUT 3 TABATA CARDIO | REST DAY | WORKOUT 4 DCT-T: SHOULDERS | WORKOUT 5 TOTAL BODY TONE |
| DENSITY: ROUNDS | DENSITY: ROUNDS | TABATA 1: BEST REPS BEST REPS | | DENSITY: ROUNDS | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |
| COMPLEX: WEIGHT/TUBING | COMPLEX: WEIGHT/TUBING | TABATA 2: BEST REPS BEST REPS | | COMPLEX: WEIGHT/TUBING | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |
| TABATA: PERSONAL BEST # | TABATA: PERSONAL BEST # | TABATA 3: BEST REPS BEST REPS BEST REPS BEST REPS | | TABATA: PERSONAL BEST # | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |

WEEK 3
ACCELERATE

| | | | | | |
|--|--|---|-----------------|--------------------------------------|--|
| WORKOUT 1 DCT-T: BACK & BICEPS | WORKOUT 2 DCT-T: CHEST & TRICEPS | WORKOUT 3 TABATA CARDIO | REST DAY | WORKOUT 4 DCT-T: SHOULDERS | WORKOUT 5 TOTAL BODY TONE |
| DENSITY: ROUNDS | DENSITY: ROUNDS | TABATA 1: BEST REPS | | DENSITY: ROUNDS | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |
| COMPLEX: WEIGHT/TUBING | COMPLEX: WEIGHT/TUBING | TABATA 2: BEST REPS BEST REPS BEST REPS BEST REPS | | COMPLEX: WEIGHT/TUBING | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |
| TABATA: PERSONAL BEST # | TABATA: PERSONAL BEST # | TABATA 3: BEST REPS BEST REPS BEST REPS BEST REPS | | TABATA: PERSONAL BEST # | WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP WEIGHT TUBING STEP |

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.

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PHASE 2

#9WCF BRAG BOARD

9 week CONTROL FREAK®

WEEK 1 CONCENTRATE

WEEK 2
ELEVATE

WEEK 3
RECREATE

WORKOUT 1
TABATA CARDIO

TABATA 1:

| | |
|--------------|--------------|
| BEST REPS | BEST REPS |
|--------------|--------------|

TABATA 2:

| | |
|--------------|--------------|
| BEST REPS | BEST REPS |
|--------------|--------------|

TABATA 3:

| | | |
|--------------|--------------|--------------|
| 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 |
| WEIGHT TUBING STEP | WEIGHT TUBING STEP | WEIGHT TUBING STEP | WEIGHT TUBING STEP |

PEST DAY

WORKOUT 5

DCT-T: BACK & CHEST

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

| WORKOUT 1 | | | |
|------------------|--|--------------|--|
| TABATA CARDIO | | | |
| TABATA 1: | | | |
| BEST REPS | | BEST REPS | |
| TABATA 2: | | | |
| BEST REPS | | BEST REPS | |
| TABATA 3: | | | |
| 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 |
| WEIGHT TUBING STEP | WEIGHT TUBING STEP | WEIGHT TUBING STEP | WEIGHT TUBING STEP |

BEST DAY

WORKOUT 5

DCT-T: BACK & CHEST

DENSITY:

ROUNDS

COMPLEX:

WEIGHT/TUBING

TABATA:

PERSONAL BEST #

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 #

PAST 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 |
| 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 #

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9WCF BRAG BOARD

9 week
CONTROL FREAK

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 |
| TABATA 2: | BEST REPS BEST REPS |
| TABATA 3: | BEST REPS BEST REPS BEST REPS |

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 |
| TABATA 2: | BEST REPS BEST REPS |
| TABATA 3: | BEST REPS BEST REPS BEST REPS |

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 |
| TABATA 2: | BEST REPS BEST REPS BEST REPS |
| TABATA 3: | BEST REPS BEST REPS BEST REPS |

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

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