



COMMIT TO FIT: FOUNDATION

WEEK 1 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x6 Rounds

Goblet Squats x10

Pushup + x10

Suitcase Carry x40y/40y

Block 2: x4 Rounds

Wall Lunge x6/6

Single Arm DB Shoulder Press x10/10

Side Plank x30s/30s

Prone Cuban Press x10

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min



COMMIT TO FIT: FOUNDATION

WEEK 1 – DAY 2

WARMUP: x2 Rounds

Band Fire Hydrants x10/10

Band Walk x20/20

Bird Dogs x5/5

Suitcase Crunch x20

THE WORKOUT

Block 1: x6 Rounds

Ski Erg OR Assault Bike x 2 min SLOW then 20 sec FAST

Repeat WARM UP x1 Round

Block 2: x6 Rounds

Ski Erg OR Assault Bike x 1 min SLOW then 10 sec FAST

COOL DOWN: x2 Rounds

Pigeon Pose x30s/30s

Thread the Needle x30s/30s

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 1 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 30 min AMRAP

Max Pullups x1min

Run x0.25mi

Jumping Jacks x30

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 1 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

Cable Triceps Extension x10

Block 2: x5 Rounds

Step Ups x5/5

Stability Ball Hamstring Curl x20

Seated Cable Bar Row x10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 2 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x6 Rounds

Goblet Squats x10

Pushup + x10

Suitcase Carry x40y/40y

Block 2: x4 Rounds

Wall Lunge x6/6

Single Arm DB Shoulder Press x10/10

Side Plank x30s/30s

Prone Cuban Press x10

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min



COMMIT TO FIT: FOUNDATION

WEEK 2 – DAY 2

WARMUP: x2 Rounds

Band Fire Hydrants x10/10

Band Walk x20/20

Bird Dogs x5/5

Suitcase Crunch x20

THE WORKOUT

Block 1: x6 Rounds

Ski Erg OR Assault Bike x 2 min SLOW then 20 sec FAST

Repeat WARM UP x1 Round

Block 2: x6 Rounds

Ski Erg OR Assault Bike x 1 min SLOW then 10 sec FAST

COOL DOWN: x2 Rounds

Pigeon Pose x30s/30s

Thread the Needle x30s/30s

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 2 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 30 min AMRAP

Max Pullups x1min

Run x0.25mi

Jumping Jacks x30

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 2 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

Cable Triceps Extension x10

Block 2: x5 Rounds

Step Ups x5/5

Stability Ball Hamstring Curl x20

Seated Cable Bar Row x10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 3 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Goblet Squats x8

DB Bench Press x10

Farmer Carry x80 yards

Block 2: x4 Rounds

Walking Lunge x10/10

DB Seated Military Press x10

Incline Bench Ys x10

Block 3: x3 Rounds

Lateral Lunges x10/10

Side Lying Rotator Cuff x10/10

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x 1 min



COMMIT TO FIT: FOUNDATION

WEEK 3 – DAY 2

WARMUP: x2 Rounds

Band Fire Hydrants x10/10

Band Walk x20/20

Bird Dogs x5/5

Suitcase Crunch x20

THE WORKOUT

Block 1: x6 Rounds

Ski Erg OR Assault Bike x 2 min SLOW then 20 sec FAST

Medicine Ball Slams x10

Repeat WARM UP x1 Round

Block 2: x6 Rounds

Ski Erg OR Assault Bike x 1 min SLOW then 10 sec FAST

Wall Ball x10

COOL DOWN: x2 Rounds

Pigeon Pose x30s/30s

Thread the Needle x30s/30s

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 3 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 35 min AMRAP

Max Pullups x1min

Run x0.25mi

Jumping Jacks x30

Block 2: x2 Rounds

Leg Lift Reverse Crunch x 15

Russian Twists x 15/15

Frog Tucks x 10/10

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 3 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

Skull Crushers x10

Block 2: x4 Rounds

Step Ups x10/10

Stability Ball Hamstring Curl x10/10 or x20

1-Arm DB Row x10/10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 4 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Goblet Squats x8

DB Bench Press x10

Farmer Carry x80 yards

Block 2: x4 Rounds

Walking Lunge x10/10

DB Seated Military Press x10

Incline Bench Ys x10

Block 3: x3 Rounds

Lateral Lunges x10/10

Side Lying Rotator Cuff x10/10

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x 1 min



COMMIT TO FIT: FOUNDATION

WEEK 4 – DAY 2

WARMUP: x2 Rounds

Band Fire Hydrants x10/10

Band Walk x20/20

Bird Dogs x5/5

Suitcase Crunch x20

THE WORKOUT

Block 1: x6 Rounds

Ski Erg OR Assault Bike x 2 min SLOW then 20 sec FAST

Medicine Ball Slams x10

Repeat WARM UP x1 Round

Block 2: x6 Rounds

Ski Erg OR Assault Bike x 1 min SLOW then 10 sec FAST

Wall Ball x10

COOL DOWN: x2 Rounds

Pigeon Pose x30s/30s

Thread the Needle x30s/30s

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 4 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 35 min AMRAP

Max Pullups x1min

Run x0.25mi

Jumping Jacks x30

Block 2: x2-3 Rounds

Leg Lift Reverse Crunch x 15

Russian Twists x 15/15

Frog Tucks x 10/10

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 4 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

Skull Crushers x10

Block 2: x4 Rounds

Step Ups x10/10

Stability Ball Hamstring Curl x10/10 or x20

1-Arm DB Row x10/10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 5 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x6 Rounds

Goblet Squats x8

DB Bench Press x8

Suitcase Carry x60y/60y

Block 2: x4 Rounds

BB Reverse Lunge x8/8

Standing 1-Arm Press x8/8

Kettlebell Chops x10/10

Prone Cuban Press x15

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x 1 min



COMMIT TO FIT: FOUNDATION

WEEK 5 – DAY 2

WARMUP: x2 Rounds
Band Fire Hydrants x10/10
Band Walk x20/20
Bird Dogs x5/5
Suitcase Crunch x20

THE WORKOUT

Block 1: x4 Rounds
Ski Erg OR Row x250m
Devil's Press x5
Ski Erg OR Row x250m
Pull Up x10

COOL DOWN: x2 Rounds
Pigeon Pose x30s/30s
Thread the Needle x30s/30s
Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 5 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 40 min AMRAP

Run x0.5mi OR Assault Bike x50 Cals

Lateral Shuffle x5y + Jump Squat x2 – x4

Spider Crunch x10

Wipers x10

Plank Tuck x10/10

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 5 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

DB Pullover x10

Triceps Pushup x10

Block 2: x4 Rounds

Lateral Step Ups x10/10

Stability Ball Hamstring Curl x10/10 or x20

Seated 1-Arm Cable Row x10/10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 6 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x6 Rounds

Goblet Squats x8

DB Bench Press x8

Suitcase Carry x60y/60y

Block 2: x4 Rounds

BB Reverse Lunge x8/8

Standing 1-Arm Press x8/8

Kettlebell Chops x10/10

Prone Cuban Press x15

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x 1 min



COMMIT TO FIT: FOUNDATION

WEEK 6 – DAY 2

WARMUP: x2 Rounds
Band Fire Hydrants x10/10
Band Walk x20/20
Bird Dogs x5/5
Suitcase Crunch x20

THE WORKOUT

Block 1: x4 Rounds
Ski Erg OR Row x250m
Devil's Press x5
Ski Erg OR Row x250m
Pull Up x10

COOL DOWN: x2 Rounds
Pigeon Pose x30s/30s
Thread the Needle x30s/30s
Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 6 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 40 min AMRAP

Run x0.5mi OR Assault Bike x50 Cals

Lateral Shuffle x5y + Jump Squat x2 – x4

Spider Crunch x10

Wipers x10

Plank Tuck x10/10

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 6 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

DB Pullover x10

Triceps Pushup x10

Block 2: x4 Rounds

Lateral Step Ups x10/10

Stability Ball Hamstring Curl x10/10 or x20

Seated 1-Arm Cable Row x10/10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 7 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x6 Rounds

Goblet Squats x8

DB Bench Press x6

Farmer Carry x100y

Block 2: x4 Rounds

BB Reverse Lunge x6/6

Standing 1-Arm Press x8/8

Incline Bench Ys x10

Block 3: x3 Rounds

Lateral Lunges x10/10

Side Lying Rotator Cuff x10/10

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x 1 min



COMMIT TO FIT: FOUNDATION

WEEK 7 – DAY 2

WARMUP: x2 Rounds
Band Fire Hydrants x10/10
Band Walk x20/20
Bird Dogs x5/5
Suitcase Crunch x20

THE WORKOUT

Block 1: For Time
10-MILE BIKE CHALLENGE (Repeat until you reach 10 miles total on the bike)
Assault Bike x2min
Pull Ups x5
Medicine Ball Slams x10
Renegade Row x10/10

COOL DOWN: x2 Rounds
Pigeon Pose x30s/30s
Thread the Needle x30s/30s
Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 7 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 40 min AMRAP

Run x0.25mi @ 2.0 Incline

Lateral Shuffle x5y + Burpee x1 + Lateral Shuffle x5y + Lunge Jumps x2 – x4

Reverse Crunch x20

Russian Twist x50

Deep Mountain Climbers x5/5

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 7 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

Skull Crushers x8

Block 2: x4 Rounds

Step Ups x8/8

Lunge Jumps x6/6

Stability Ball Hamstring Curl x10/10 or x20

Seated Cable Row x10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 8 – DAY 1

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x6 Rounds

Goblet Squats x8

DB Bench Press x6

Farmer Carry x100y

Block 2: x4 Rounds

BB Reverse Lunge x6/6

Standing 1-Arm Press x8/8

Incline Bench Ys x10

Block 3: x3 Rounds

Lateral Lunges x10/10

Side Lying Rotator Cuff x10/10

COOL DOWN: x2 Rounds

Couch Stretch x30s/30s

Banded Hamstring Stretch x30s/30s

Child's Pose x 1 min



COMMIT TO FIT: FOUNDATION

WEEK 8 – DAY 2

WARMUP: x2 Rounds
Band Fire Hydrants x10/10
Band Walk x20/20
Bird Dogs x5/5
Suitcase Crunch x20

THE WORKOUT

Block 1: For Time
10-MILE BIKE CHALLENGE (Repeat until you reach 10 miles total on the bike)
Assault Bike x2min
Pull Ups x5
Medicine Ball Slams x10
Renegade Row x10/10

COOL DOWN: x2 Rounds
Pigeon Pose x30s/30s
Thread the Needle x30s/30s
Golf Stretch x1 min



COMMIT TO FIT: FOUNDATION

WEEK 8 – DAY 3

WARMUP: x3 Rounds

Lateral Lunges x10/10

High Knees x10/10

Butt Kicks x15/15

Superman Pushups x10

THE WORKOUT

Block 1: 40 min AMRAP

Run x0.25mi @ 4.0 Incline

Lateral Shuffle x5y + Burpee x1 + Lateral Shuffle x5y + Lunge Jumps x2 – x4

Reverse Crunch x20

Russian Twist x50

Deep Mountain Climbers x5/5

COOL DOWN: x2 Rounds

Kneeling Hip Flexor x30s/30s

Kneeling Adductor x30s/30s

Kneeling Hamstring x30s/30s



COMMIT TO FIT: FOUNDATION

WEEK 8 – DAY 4

WARMUP: x3 Rounds

Banded OH Squats (heels elevated) x10

Banded Good Mornings x10

World's Greatest Stretch x5/5

THE WORKOUT

Block 1: x5 Rounds

Deadlifts x3

Box Jumps x3

Skull Crushers x8

Block 2: x4 Rounds

Step Ups x8/8

Lunge Jumps x6/6

Stability Ball Hamstring Curl x10/10 or x20

Seated Cable Row x10

COOL DOWN: x2 Rounds

Banded Hamstring Stretch x30s/30s

Child's Pose x1 min

Golf Stretch x1 min