PHASE 2: RECOMP

RECOMP 1 WORKOUT PLAN

8 weeks of training + 1 deload week. The same movement patterns as Phase 1, but with more single-leg work for muscle-building. Metabolic conditioning intervals on 3 of 4 days. An hour of training, 3 days a week is a minimum for recomp.

4 WEEKS (On Ramp → Week 3)

Cycle 1

Supported single-leg lifts and bodyweight metcons. Taking a second On Ramp week? Do Week 1 twice.

4 sets (3 in Superset C) · 1-2 RIR

4 WEEKS (Week 4 → Week 7)

Cycle 2

Single-leg work progresses, with pauses on select lifts. Metcons add weight and rotation.

4 sets (3 in Superset C) · 1-2 RIR

1 WEEK (Week 8)

Deload

3 days, 2 main supersets, no accessory work, at the same load as week 7.

2 sets · 3 RIR

HOW TO EXECUTE

- **Pick a weight you can lift for the prescribed number of reps with only 1–2 reps left in the tank** (1–2 RIR, or reps in reserve; 0–1 on isolation moves like leg extensions, curls, kickbacks, and raises). **Once you can hit the top of the rep range with reps to spare, go heavier.**
- **4 sets are recommended on the first 2 supersets** (progressed from 3 sets in Reset) to maximize muscle growth. If you're overly fatigued or can't reach the rep range, skip the 4th set.
- **Supersets maximize rest efficiency.** Each superset pairs a lower body and an upper body movement, which allows one muscle group to rest while the other works. Rest ~30 seconds between each movement if needed, and rest longer (~90 seconds) between superset rounds.
- **Control the lowering on every lift.** Have a few extra minutes? Add a 3-second lowering to your leg extension, hamstring curl, kickback, lateral raises, and rear delts.
- **Metcons start in Recomp.** 6 minutes with 3 rounds of 2 moves. Timing progresses every week, and movements progress every cycle. See each workout page for details.
- **Short on days?** Day 4 is always optional. **Short on time?** Skip the 3rd superset.
- **Walking is the cardio.** About 8,000 steps a day, including 2-3 brisk, 20-30 minute walks each week (great to stack after meals). For workday walking, we love the Walking Pad.

> **Note: every movement here and in the workout app lists alternate options** for home (or a crowded gym).

DAY ONE

Knee-hip extension · vertical pull · secondary posterior chain · horizontal press · hips · shoulder iso · metcon

SUPERSET A		CYCLE 1	CYCLE 2
KNEE-HIP EXTENSION	CYCLE 1 **Front foot elevated split squat** alt: supported split squat (hand on rack) · step-up CYCLE 2 **Deficit reverse lunge** alt: flat reverse lunge · step-up	ON RAMP → WEEK 3 **4 × 8–12/side**	WEEK 4 → WEEK 7 **4 × 8–12/side**
VERTICAL PULL	**Lat pulldown** alt: banded pulldown · assisted pull-up	ON RAMP → WEEK 3 **4 × 8–12** *neutral grip*	WEEK 4 → WEEK 7 **4 × 8–12** *wide grip*

SUPERSET B		CYCLE 1	CYCLE 2
SECONDARY POSTERIOR CHAIN	**45 degree extension** alt: cable or banded pull-through · feet-elevated glute bridge · reverse hyper	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**
HORIZONTAL PRESS	**Dumbbell bench press** alt: machine chest press · push-ups	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**

SUPERSET C		CYCLE 1	CYCLE 2
HIPS	**Side lying adduction** alt: none	ON RAMP → WEEK 3 **3 × 10–15/side**	WEEK 4 → WEEK 7 **3 × 10–15/side**
SHOULDER ISO	**Standing dumbbell lateral raise** alt: side lying dumbbell lateral raise · cable lateral raise · machine lateral raise	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

METCON

6 minutes · 3 rounds · switch moves every minute

CYCLE 1 · ON RAMP → WEEK 3

3 rounds: pop squats · plank up-downs

On Ramp: 20 sec. on / 40 sec. rest x 3
Wk 1: 30 sec. on / 30 sec. rest x 3
Wk 2: 40 sec. on / 20 sec. rest x 3
Wk 3: 45 sec. on / 15 sec. rest x 3

Movement note: go fast on the pop squats and slower on the up-downs. No-jump option: air squats.

CYCLE 2 · WEEK 4 → WEEK 7

3 rounds: overhead slams · farmer carry

Wk 4: 8 slams / 20 sec. carry / 40 sec. rest x 3
Wk 5: 10 slams / 30 sec. carry / 30 sec. rest x 3
Wk 6: 12 slams / 40 sec. carry / 20 sec. rest x 3
Wk 7: 12 slams (heavier ball) / 45 sec. carry / 15 sec. rest x 3

Movement note: for slams, hinge and drive with your hips; start with a 10–15 lb ball. Do the reps at the top of the minute and rest for the remainder; if they take more than ~40 seconds, drop a rep or go lighter.

EXECUTION NOTES

- **Front foot elevated split squat:** one dumbbell in the hand opposite the working leg (switch hands when you switch legs), front foot on a 2-3" step or plate.
- **Deficit reverse lunge:** a dumbbell in each hand, arms at your sides, stepping back from a 2-3" low step or plate.
- **45 degree extension:** hug a dumbbell or plate to your chest.
- **Dumbbell bench press:** let the dumbbells turn to wherever your wrists and elbows feel best; elbows about 45° from your body.
- **Side lying adduction:** bodyweight, or an ankle weight on the bottom leg.
- **Lateral raise:** palms in or thumbs slightly up; lead with your elbows.

CARDIO: WALKING

DAY TWO

Hinge · vertical press · quad iso · horizontal pull · hips · vertical pull · tibs & calves

SUPERSET A		CYCLE 1	CYCLE 2
HINGE	CYCLE 1 **Trap bar RDL** alt: dumbbell RDL CYCLE 2 **Kickstand dumbbell RDL** alt: dumbbell RDL	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12/side**
VERTICAL PRESS	**Dumbbell shoulder press** alt: machine shoulder press	ON RAMP → WEEK 3 **4 × 8–12** *seated*	WEEK 4 → WEEK 7 **4 × 8–12** *standing*

SUPERSET B		CYCLE 1	CYCLE 2
QUAD ISO	**Leg extension** alt: Spanish squat (band behind the knees)	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12** *pause at contraction*
HORIZONTAL PULL	**Chest-supported dumbbell row** alt: single-arm bench-supported dumbbell row · seated cable row · banded row	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**

SUPERSET C		CYCLE 1	CYCLE 2
HIPS	**Cable kickback** alt: banded kickback	ON RAMP → WEEK 3 **3 × 8–12/side**	WEEK 4 → WEEK 7 **3 × 8–12/side**
VERTICAL PULL	**Lat pulldown** alt: banded pulldown	ON RAMP → WEEK 3 **3 × 8–12** *wide grip*	WEEK 4 → WEEK 7 **3 × 8–12** *neutral grip*

FINISHER: TIBS & CALVES — ***1 set of each to burnout***

Movement note: the variation rotates every week, and repeats in Cycle 2 with a slow tempo and a pause: **On Ramp & wk 4** long-sit banded dorsiflexion / banded flexion · **wks 1 & 5** seated tib raise / seated calf raise · **wks 2 & 6** standing tib raise / standing calf raise · **wks 3 & 7** deficit tib raise (heel elevated) / deficit calf raise (toes elevated).

EXECUTION NOTES

- **Kickstand RDL:** one dumbbell in the hand opposite the working leg (switch hands when you switch legs). Straps are optional and can help you go heavier when grip fails.
- **Shoulder press:** seated (Cycle 1): palms facing each other, back supported. Standing (Cycle 2): dumbbells at shoulder height, feet hip-width, ribs down, stop just short of lockout. Modify to single arm if it's more comfortable.
- **Leg extension:** in Cycle 2, pause for about 1 second at the top of every rep.
- **Chest-supported row:** chest on a 30-45° incline bench, palms facing each other.
- **Cable kickback:** ankle cuff on a low cable (or a band around both ankles).

CARDIO: WALKING

DAY THREE

Hip thrust · horizontal pull · knee-hip extension · horizontal press · hamstring iso · shoulder iso · metcon

SUPERSET A		CYCLE 1	CYCLE 2
HIP THRUST	**Machine hip thrust** alt: dumbbell or barbell hip thrust · glute bridge with a dumbbell on your hips (home)	ON RAMP → WEEK 3 **4 × 8–12/side** *kickstand*	WEEK 4 → WEEK 7 **4 × 8–12** *¾ reps*
HORIZONTAL PULL	**Seated cable row (neutral grip)** alt: chest-supported dumbbell row · banded row	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**

SUPERSET B		CYCLE 1	CYCLE 2
KNEE-HIP EXTENSION	**Goblet squat** alt: leg press	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12** *1–2 second pause at the bottom*
HORIZONTAL PRESS	**Low-incline dumbbell press** alt: push-ups · machine chest press	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12/side** *single arm*

SUPERSET C		CYCLE 1	CYCLE 2
HAMSTRING ISO	**Seated or lying hamstring curl** alt: banded prone hamstring curl	ON RAMP → WEEK 3 **3 × 8–12**	WEEK 4 → WEEK 7 **3 × 8–12** *pause at contraction*
SHOULDER ISO	**Seated dumbbell lateral raise** alt: cable lateral raise · machine lateral raise	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

METCON

6 minutes · 3 rounds · switch moves every minute

CYCLE 1 · ON RAMP → WEEK 3

3 rounds: squat jumps · mountain climbers

On Ramp: 20 sec. on / 40 sec. rest x 3
Wk 1: 30 sec. on / 30 sec. rest x 3
Wk 2: 40 sec. on / 20 sec. rest x 3
Wk 3: 45 sec. on / 15 sec. rest x 3

Movement note: squat jumps: land softly and reset before the next rep. No-jump option: air squats.

CYCLE 2 · WEEK 4 → WEEK 7

3 rounds: rotational slams · suitcase carry

Wk 4: 8 slams / 20 sec. carry / 40 sec. rest x 3
Wk 5: 10 slams / 30 sec. carry / 30 sec. rest x 3
Wk 6: 12 slams / 40 sec. carry / 20 sec. rest x 3
Wk 7: 12 slams (heavier ball) / 45 sec. carry / 15 sec. rest x 3

Movement note: rotational slams: lighter ball, alternating sides; pivot the back foot so the twist comes from your hips. Carry: switch sides each round. Do the reps at the top of the minute and rest for the remainder; if they take more than ~40 seconds, drop a rep or go lighter.

EXECUTION NOTES

- **Hip thrust:** kickstand (Cycle 1): drive through the working foot; the other heel stays lightly down for balance. ¾ reps (Cycle 2): come all the way to full contraction at the top, but don't let your rear touch down at the bottom; hover just above it, then drive back up.
- **Goblet squat:** one dumbbell held vertically at your chest. In Cycle 2, pause 1-2 seconds at the bottom.
- **Low-incline press:** bench at about 30°. Single arm (Cycle 2): one dumbbell, free hand holds the edge of the bench.
- **Hamstring curl:** in Cycle 2, pause for about 1 second at full contraction.
- **Seated lateral raise:** same cues as standing: palms in or thumbs slightly up; lead with your elbows.

CARDIO: WALKING

DAY FOUR

Hips · horizontal press · vertical press · rear delt · shoulder iso · shoulder health · bonus metcon

This day is "extra insurance" for muscle building, but it's your most "optional" day.

SUPERSET A		CYCLE 1	CYCLE 2
HIPS	**Standing cable hip abduction** alt: machine hip abduction · banded abduction · side lying hip abduction	ON RAMP → WEEK 3 **3 × 10–15/side**	WEEK 4 → WEEK 7 **3 × 10–15/side**
HORIZONTAL PRESS	**Push ups** alt: hand elevated push ups	ON RAMP → WEEK 3 **3 × 8–12**	WEEK 4 → WEEK 7 **3 × 8–12** *lower your hands as you get stronger*

SUPERSET B		CYCLE 1	CYCLE 2
VERTICAL PRESS	CYCLE 1 **Single arm half-kneeling landmine press** alt: half-kneeling single-arm dumbbell press CYCLE 2 **Standing Arnold press** alt: seated dumbbell shoulder press · machine shoulder press	ON RAMP → WEEK 3 **3 × 8–12/side**	WEEK 4 → WEEK 7 **3 × 8–12**
REAR DELT	**Chest-supported dumbbell rear delt row** alt: cable rear delt row · reverse pec deck · banded pull-apart	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

SUPERSET C		CYCLE 1	CYCLE 2
SHOULDER ISO	**Side lying dumbbell lateral raise** alt: cable lateral raise · machine lateral raise	ON RAMP → WEEK 3 **3 × 10–15/side**	WEEK 4 → WEEK 7 **3 × 10–15/side**
SHOULDER HEALTH	**Cable face pull** alt: banded face pull	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

BONUS METCON (OPTIONAL)

6 minutes · 3 rounds · switch moves every minute

CYCLE 1 · ON RAMP → WEEK 3

3 rounds: skaters · plank shoulder taps

On Ramp: 20 sec. on / 40 sec. rest x 3
Wk 1: 30 sec. on / 30 sec. rest x 3
Wk 2: 40 sec. on / 20 sec. rest x 3
Wk 3: 45 sec. on / 15 sec. rest x 3

Movement note: skaters: step or hop sideways onto one leg and reach the other leg behind you; easy and controlled (skater steps are the no-jump option).

CYCLE 2 · WEEK 4 → WEEK 7

3 rounds: alternating dumbbell snatch · Russian twist

Wk 4: 8 snatches / 12 twists x 3
Wk 5: 10 snatches / 16 twists x 3
Wk 6: 12 snatches / 20 twists x 3
Wk 7: 12 snatches / 20 twists x 3 (go heavier)

Movement note: snatch: challenging but not heavy dumbbell, driven by your hips. Russian twist: hold a slam ball, heels down; rotate your ribcage, not just your arms. Do the reps at the top of the minute and rest for the remainder; if they take more than ~40 seconds, drop a rep or go lighter.

EXECUTION NOTES

- **Cable abduction:** ankle cuff on a low cable; stand tall and don't lean away.
- **Landmine press:** bar end in your working hand at your shoulder, working-side knee down.
- **Arnold press:** dumbbells at your chin, palms facing you; rotate outward as you press. Go light and stop the rotation short of anything pinchy.
- **Rear delt row:** chest on an incline bench, elbows out wide.
- **Side lying lateral raise:** dumbbell in your top hand.
- **Face pull:** rope at face height, thumbs back, pull toward your forehead with elbows high.

CARDIO: WALKING

WEEK 8: DELOAD

Days 1 to 3 · Supersets A & B only · 2 sets · same load as week 7

A deload week isn't what you might think: it's not a week off! Workouts are shorter, though, because we cut accessory work and metcons and do fewer sets on the main lifts. Use the same weights/loads as week 7, but do just 2 sets of each and stop with 3 reps left in the tank.

DAY ONE			WEEK 8
SUPERSET A	KNEE-HIP EXTENSION	**Deficit reverse lunge** alt: flat reverse lunge · step-up	**2 × 8–12/side** *same load as wk 7*
	VERTICAL PULL	**Lat pulldown (wide grip)** alt: banded pulldown · assisted pull-up	**2 × 8–12** *same load as wk 7*
SUPERSET B	SECONDARY POSTERIOR CHAIN	**45 degree extension** alt: cable or banded pull-through · feet-elevated glute bridge · reverse hyper	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PRESS	**Dumbbell bench press** alt: machine chest press · push-ups	**2 × 8–12** *same load as wk 7*

DAY TWO			WEEK 8
SUPERSET A	HINGE	**Kickstand dumbbell RDL** alt: dumbbell RDL	**2 × 8–12/side** *same load as wk 7*
	VERTICAL PRESS	**Standing dumbbell shoulder press** alt: seated dumbbell shoulder press · machine shoulder press	**2 × 8–12** *same load as wk 7*
SUPERSET B	QUAD ISO	**Leg extension (pause at contraction)** alt: Spanish squat (band behind the knees)	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PULL	**Chest-supported dumbbell row** alt: single-arm bench-supported dumbbell row · seated cable row · banded row	**2 × 8–12** *same load as wk 7*

DAY THREE			WEEK 8
SUPERSET A	HIP THRUST	**Machine hip thrust (¾ reps)** alt: dumbbell or barbell hip thrust · glute bridge with a dumbbell on your hips (home)	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PULL	**Seated cable row (neutral grip)** alt: chest-supported dumbbell row · banded row	**2 × 8–12** *same load as wk 7*
SUPERSET B	KNEE-HIP EXTENSION	**Goblet squat (1–2 second pause at the bottom)** alt: leg press	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PRESS	**Single arm low-incline dumbbell press** alt: low-incline dumbbell press	**2 × 8–12/side** *same load as wk 7*

CARDIO: WALKING