

XT60 Professional

Personal Training Program

Program Difficulty

- 1 Star - Total Beginners Program
- 2 Star - Some experience working out, but you can be totally out of shape.
- 3 Star - Good for clients 3 months in or clients that have been training at a CrossFit Box
- 4 Star - Good for clients who have been personal training for 6 months or more
- 5 Star - Good for clients who have been personal training a year or more

Choose Program By Type

When we design a program there are six major aspects we consider:

- 1) Strength
- 2) Weight Loss
- 3) Muscularity (Hypertrophy)
- 4) Mobility and Range of Motion
- 5) Conditioning and Fitness
- 6) Corrective Exercise and Rehab

Program Difficulty

★★★★☆
Everyday Strength
Level I - Foundational Strength
Redline
Zero2Fit
Redline - No Shoulders Variation
Injured Athlete: Foot and Toe
★★★★☆
5/3/1 Powerlifting
5/3/1 Powerlifting Firemans Variation
Bodybuilding Fundamentals
Injured Athlete: Hand and Shoulder
Level I - Weight Loss
Level III
Stand Strong
Transformation Series A
Run and Lift
Swagger
Symmetry System - Lower Body
Symmetry System - Upper Body
★★★★☆
Bikini Body
CoreFit Unleashed Series A
CrossFit Metcon Series
Grip Master Series
Injured Athlete: Knee
Level II
Strong by Dawn
Transformation Series B
Westside Power Lifting Series A-D
Beach Ready
Escalade
The Fast and Fit
Gun Show

Programs by Type

Core and abs
CoreFit Unleashed Series A
CoreFit Unleashed Series B
Gymnastics
CrossFit Gymnastics
Hypertrophy
Bodybuilding Fundamentals
Super Mass Series I
Super Mass Series II
Swagger
Hypertrophy and Mobility in Legs and Core
Stand Strong
Hypertrophy Upper Body
Getting Diesel
Mobility and Strength Training
Symmetry System - Lower Body
Symmetry System - Upper Body
Recovery
Injured Athlete: Hand and Shoulder
Injured Athlete: Knee
Injured Athlete: Foot and Toe
Strength and Conditioning
Bikini Body
Commit and Conquer
Everyday Strength
Level II
Roberts Strength and Conditioning
Beach Ready
Strength and Hypertrophy
Strong by Dawn
Strength and Powerlifting
5/3/1 Powerlifting
5/3/1 Powerlifting Firemans Variation
Westside Power Lifting Series A-D

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Personal Training Program

★★★★★
Commit and Conquer
Getting Diesel
BulletProof
Metcon Strong
Super Mass Series I
Super Mass Series II
★★★★★
CoreFit Unleashed Series B
CrossFit Gymnastics
Roberts Strength and Conditioning
Transformation Series C
Metcon Strong II
Grand Total

Total Body Strength and Conditioning
Transformation Series A
Transformation Series B
Transformation Series C
Metcon Strong
The Fast and Fit
Metcon Strong II
Upper Body Strength and Grip
Grip Master Series
Weight loss
CrossFit Metcon Series
Redline
BulletProof
Redline - No Shoulders Variation
Weight Loss and Mobility
Zero2Fit
Strength and Mobility
Level I - Foundational Strength
Strength and Weight Loss
Level I - Weight Loss
Glutes and Core
Level III
Sculpting
Escalade
Upper Hypertrophy
Gun Show
Running and Lift Program
Run and Lift
Grand Total

Program	Type	Description	Difficulty	Variety	Main Benefits	Drawbacks	Suggested Frequency
5/3/1 Powerlifting	Strength and Powerlifting	You've heard of the amazing 5/3/1 system? Well here it is. Text book and perfect for building strength	★★★★☆	★★★★☆	One of the simplest and methods for building strength	High volume and ADD weight lifters might prefer a program with more variety	2 times per week
5/3/1 Powerlifting Firemans Variation	Strength and Powerlifting	Take all the benefits of 5/3/1 and now apply to functional movements. Build serious power to carry and move objects.	★★★★☆	★★★★☆	If you need strength and endurance for your job, this program is our best	Uses high volume to boost gains at the expense of more variety	2 times per week
Beach Ready	Strength and Conditioning	Our male body shred program to develop lean muscle mass.	★★★★☆	★★★★☆	Build lean and strong muscle in our men's hypertrophy program	Intense Fat Burning Sweaty Workouts Await You in Beach Ready. You want to look good? Be prepared to work hard on every single workout.	Twice or Four times per Week
Bikini Body	Strength and Conditioning	For the woman who wants to be strong and develop muscle definition without looking bulky. Or for the man who wants the more shredded look.	★★★★☆	★★★★☆	Build lean and strong muscle in our woman's hypertrophy program	Don't think this program is easy -- because it's the "bikini" program. You want to look good? Be prepared to work hard on every single workout.	Twice or Four times per Week
Bodybuilding Fundamentals	Hypertrophy	If you want to increase muscle size and can only workout twice a week, this is the program. This is a foundational, adjustable, bodybuilding program with a twist. New movements working in the foundational timing that brings people onto the stage every year	★★★★☆	★★★★☆	3 Day split including: 1) Glute and Core, 2) Back and Chest 3) Shoulders and Arms	Doesn't address movement issues or repair muscle imbalances	3 times per week
BulletProof	Weight loss	This is our general physical preparedness workout to the xtreme. From hex deadlifts to clubbells, you will be pushed outside your comfort zone.	★★★★☆	★★★★☆	Gain competence in challenging equipment like kettlebells with exciting program combinations. Finishing a workout becomes a victory itself.	Not intended for brand new clients because some of the movements are challenging (snatches, cleans, etc.)	Twice or Four times per Week
Commit and Conquer	Strength and Conditioning	Strength and Conditioning Program using barbells, kettlebells, CrossFit, TRX. Be prepared to test of your mental toughness	★★★★☆	★★★★☆	Main Benefits - Fat loss and strength.	Drawbacks - Soreness, comfortable with barbell and kettle bell movements, designed for the injury free athlete	Twice or Four times per Week
CoreFit Unleashed Series A	Core and abs	All Core -- all the time. A balance programming incorporating TRX Suspension Training, Exercise Tubing, Kamagons, and Kettles.	★★★★☆	★★★★☆	If there is a weakness in the core, we'll find it. Builds balance and repairs injuries	Contains a lot new movements and calisthenics movements. May be too advanced for some. Not recommended for people with knee issues.	Twice per Week

Program	Type	Description	Difficulty	Variety	Main Benefits	Drawbacks	Suggested Frequency
CoreFit Unleashed Series B	Core and abs	Just Like Series A, but with the difficulty dial set to max	★★★★★	★★★★★	You asked for the max, so you had better be ready to bring it	Contains a lot new movements and calisthenics movements. May be too advanced for some. Not recommended for people with knee issues.	Twice per Week
CrossFit Gymnastics	Gymnastics	Handstand Pushups, Bar Muscle Ups, and more. If it's in the CrossFit Games, you'll learn it here	★★★★★	★★★★★	Learn how to do every movement in the CrossFit book	Requires that you can do movements like pullups and L-holds	Twice per Week
CrossFit Metcon Series	Weight loss	Leverage the power of CrossFit in a personal training format.	★★★★☆	★★★★☆	Reap the benefits of CrossFit in a safe controlled environment	Workouts are scaled, but they are still going to be tough	Three times per Week
Escalade	Sculpting	Combines Sculpting, Power Lifting, and Olympic Lifting	★★★★☆	★★★★☆	If you are already in good shape, but want to take it to the next level, this is a plateau busting routine	Little emphasis on core or legs	2 or 4 times per week
Everyday Strength	Strength and Conditioning	Ideal for someone who has completed Level 1, or done some training at Orange Theory or Pure Barre etc., but you want to take to the next level. Learn how to do movements like pull-ups and push-ups.	★★★★☆	★★★★★	This program focuses on building that strong but lean look. It utilizes total body conditioning to minimize weaknesses, so you can do everything from carrying groceries easier to beating your husband/wife at the hike you have been planning.	If you have a very specific goal (e.g. building your arms), another program might be better. But if your main goal is to look and move better, this is the program to pick.	Twice or Four times per Week
The Fast and Fit	Total Body Strength and Conditioning	Featuring the Sandbell from and center, this workout program can be done at home or while travelling.	★★★★☆	★★★★☆	Featuring total body workouts that focus on weight loss and conditioning.	It does use some plyometrics so knee wraps may be helpful.	Twice per Week
Getting Diesel	Hypertrophy Upper Body	Upper body strength, hypertrophy, and conditioning. Uses two splits: chest, back, and grip + arms, triceps, and biceps.	★★★★☆	★★★★☆	Amazing system that builds strength, conditioning, and hypertrophy in one workout system.	Doesn't work legs	2-4 times per week
Grip Master Series	Upper Body Strength and Grip	Build power grip and arms with this workout program	★★★★☆	★★★★☆	Grip, hand strength, shoulders,	Not much emphasis on core or lower body	Twice per Week
Gun Show	Upper Hypertrophy	Arms and Shoulders, Back and Chest, Back and Bis, Chest and Tris. Amazing program with a super fun conditioning combo at the end.	★★★★☆	★★★★☆	A client favorite that really gets the pump going. Build real definition with the Gun Show	Not much emphasis on core or lower body	Twice per Week
Injured Athlete: Foot and Toe	Recovery	Got a broken toe, but still need to lose weight? We are ready for you	★★★★☆	★★★★☆	Provides challenging workouts without using the foot	No lunges or squats or cleans	2 times per week
Injured Athlete: Hand and Shoulder	Recovery	Got a shoulder or hand injury? No problem, this workout series will keep you losing weight while we focus on your core and legs	★★★★☆	★★★★☆	Keep your conditioning up while you recover from a shoulder or hand injury	Doesn't work upper body	2 times per week
Injured Athlete: Knee	Recovery	Name says it all, this is our leg and upper body workout series that avoids putting strain on your knee	★★★★☆	★★★★☆	Provides challenging workouts without using the knee	No lunges or squats	2 times per week
Level I - Foundational Strength	Strength and Mobility	Our intro program. Designed for people with major movement difficulties and people who have more than 35% body fat	★★★★☆	★★★★☆	The most clients start on this program. Flexible and powerful, you'll start moving better faster on this program.	Simpler movements and moderate intensity. Not optimized for weight loss, optimized to prevent early injuries	Twice per Week
Level I - Weight Loss	Strength and Weight Loss	Our intro program. Designed for people that have minor movement difficulties and people who have more than 40% body fat	★★★★☆	★★★★☆	Great for weight loss	Be prepared to work really hard	Three times per Week

Program	Type	Description	Difficulty	Variety	Main Benefits	Drawbacks	Suggested Frequency
Level II	Strength and Conditioning	Finished Level I? Start right where took off. More challenging workouts await, with movements that build on what you already know.	★★★★☆	★★★★☆	Great early transformation program		Twice per Week
Level III	Glutes and Core	Want to build serious power in your legs and core while strengthening your arms and shoulders? The Glute and Core series is a tough workout program	★★★★☆	★★★★☆	Advanced workouts to help you build some serious glute, repair core weaknesses, and prepare you for harder workouts	Doesn't focus on upper body	Twice per Week
Metcon Strong	Total Body Strength and Conditioning	Our ultimate, no compromises, body transformation program. Combines 8 of our best workouts and 8 original workouts.	★★★★☆	★★★★★	Transformation (weight loss and hypertrophy) by utilizing varied programming and high intensity intervals.	Requires good mobility for some movements. Also requires minimum strength requires and a working knowledge of weightlifting and kettle technique.	2-3 times per week
Metcon Strong II	Total Body Strength and Conditioning	Tougher combos still -- these are hero workouts, and finishing one at the RX is accomplishment to itself	★★★★★	★★★★★	Strength and Conditioning with dial cranked to max. These workouts some of our toughest, but we'll scale them to you.	Requires good mobility for some movements. Also requires minimum strength requires and a working knowledge of weightlifting and kettle technique.	2-3 times per week
Redline	Weight loss	Safe and Effective weight loss workouts. This is one of our intro programs with clients burning 10-12 pounds a month.	★★★★☆	★★★★☆	Reap the benefits of CrossFit in a safe controlled environment	Workouts are scaled, but they are still going to be tough	Three times per Week
Redline - No Shoulders Variation	Weight loss	Just like our Redline program, except this is one is especially designed for people with shoulder injuries	★★★★☆	★★★★☆	Reap the benefits of CrossFit in a safe controlled environment	Workouts are scaled, but they are still going to be tough	Three times per Week
Roberts Strength and Conditioning	Strength and Conditioning	Utilizes a ground breaking sequence of 3 ten minute EMOMs with 12-18 minute AMRAP. In other words, 30 minutes of strength and 15 minutes of conditioning wrapped into one non-stop, heart pounding workout. These workouts are super tough to complete, but people who have finished it have seen 30-40% increases in all their major lifts.	★★★★★	★★★★☆	There are only two programs in the XT60 that are named after Paul. Strong by Paul and Roberts Strength and Conditioning. Expect massive gains in strength and conditioning in this program	Be prepared to bust your ass every workout. Every workout is hard and relentless. This workout system requires a commitment and focus, but the rewards are worth it.	3 times per week
Run and Lift	Running and Lift Program	If you want to build strength without cutting into your running cycle, you need a program that is optimized to not interfere with recovery cycles. This is that program.	★★★★☆	★★★★☆	Built for training in the gym and also running on your own this combo program is the best to build strength while running.	None, but you do need to stick your timing for running	5 times per week
Stand Strong	Hypertrophy and Mobility in Legs and Core	Build some serious power and definition in your legs. Utilizing a posterior, anterior, and powerlifting split, this the best leg focused program of its type. The program provides ample time to improve mobility in hips, ankles, and knees	★★★★☆	★★★★☆	Weight Loss benefits with conditioning. Builds legs, glutes, calves, and core.	Little emphasis on upper body	3 times per week
Strong by Dawn	Strength and Hypertrophy	3 sets by 10 reps. Well it's not quite that simple, but Dawn's formula on this program is tried true. 2-3 complex movements (e.g. hip thrust and squats) and 4 isolation movements.	★★★★☆	★★★★☆	Builds total body strength without the use of overly complex movements (e.g. snatches and cleans.)	Doesn't focus on conditioning and utilizes easier movements.	2 times per week

Program	Type	Description	Difficulty	Variety	Main Benefits	Drawbacks	Suggested Frequency
Super Mass Series I	Hypertrophy	For men or women who want to add serious muscle quickly. Workouts are very challenging - you'll be sore for a day or two. Works equally well for men or women.	★★★★☆	★★★★☆	One of our fastest muscle building programs	Workouts are tough with high volume, a strong diet is key.	2 or 4 times per week
Super Mass Series II	Hypertrophy	Want even more definition with our trademark Guaranteed Mass style? Step up to Guaranteed Mass II, and build some serious muscle volume.	★★★★☆	★★★★☆	Super tough program focused on high volume and controlled rest periods. Just show up, take your protein, and reap the rewards. The program is tough, but you'll see results in as little as two weeks.	There are real downside to this program other than it's not for beginners. It'll take some strong mental discipline to finish each workout.	3 times per week
Swagger	Hypertrophy	Swagger is a total body muscle building program. It uses simpler movements for people that have range of motion or joint pain. It also uses diverse programming styles to accelerate weight loss.	★★★★☆	★★★★★	Prepare for the unexpected in this workout series. Nice simple movement in sinister combinations. Prepare for the burn, it's coming.	None really, it's a very balanced program. Doesn't use progressions or strength training much.	2 Times per Week
Symmetry System - Lower Body	Mobility and Strength Training	Great for correcting pelvic shift/tilt and glutes and core weaknesses. Balance comes from static motor control in both the hips and core. This program optimizes use of both to improve balance and stability	★★★★☆	★★★★★	Program is specifically designed to help people with hip injuries and problems with recruitment in their core.	Doesn't work upper body that much as upper body isn't involved in balance. Core though is heavily emphasized.	Twice Per Week.
Symmetry System - Upper Body	Mobility and Strength Training	Helps Correct Shoulder imbalances through the use of workouts that challenge range of motion and single arm movements. This program works back, chest, and shoulders. Plenty of conditioning for weight loss too.	★★★★☆	★★★★★	Programming works for everyone as the moves are very scalable. It's great for people who have back pain, shoulder pain, or upper body weaknesses. These workouts are tough, and we'll use your lack of mobility as a focal point in making the workouts tougher	Program is well balanced: with conditioning, strength, and mobility well distributed. Works for total body programming too. It's not a super strength program like 5/3/1 or westside though.	Twice per Week
Transformation Series A	Total Body Strength and Conditioning	Features a precision tuned combination of power lifting, CrossFit, CoreFit, and Functional Strength Training	★★★★☆	★★★★☆	Great variety and amazing results	You will have lots of technique to master	2-3 times per week
Transformation Series B	Total Body Strength and Conditioning	Features a precision tuned combination of power lifting, CrossFit, CoreFit, and Functional Strength Training	★★★★☆	★★★★☆	Great variety and amazing results	You will have lots of technique to master	2-3 times per week
Transformation Series C	Total Body Strength and Conditioning	Features a precision tuned combination of power lifting, CrossFit, CoreFit, and Functional Strength Training	★★★★★	★★★★☆	Designed to test your fitness to max	Be prepared to be humbled.	2-3 times per week
Westside Power Lifting Series A-D	Strength and Powerlifting	An Advanced Powerlifting Program that produces tremendous gains. High volume, and blistering workouts await. Many clients at Sand & Steel feel this is the best program Paul has written to date. Workouts are long and intense.	★★★★☆	★★★★☆	Tried and true, some of the best lifters in the world use this program, and we have 4 series of them	More soreness than other workouts, and you'll need to be comfortable with Bench, Press, Deadlift, and Squats	2 or 4 times per week
Zero2Fit	Weight Loss and Mobility	Ideal program for individuals who: A) Have more than 40 pounds to lose, B) Have a major mobility issue (e.g. haven't touched your toes in 10 years) C) Have a past or current injury	★★★★☆	★★★★☆	If you are out of shape or dealing with an injury this program will help you get back on track. Featuring our safest programming with slow progressions, this program will help you get started.	May be too basic for some, but we'll do a benchmark to find out if it's a good fit.	Once or Twice a Week