

| | Beginner | Intermediate | Advanced | Primary | Secondary |
|--------|--------------------------|-------------------------------------|----------------------------|----------------|---------------|
| Day 1 | Travelling Bear (1 Lap) | Travelling Bear (1 Lap) | Travelling Bear (1 Lap) | Push | |
| Day 2 | Inverted Row | Pullup | Burpee Chest2Bar | Pull | Core |
| Day 3 | Thrusters 45/35 | Thrusters 55/45 | Thrusters 75/55 | Squat | Push |
| Day 4 | Strict Press 45/35 | Push Press 55/45 | Push Jerk 75/55 | Push | |
| Day 5 | Abmat Sit-ups | Toes to Bar | Medball Toes 2 Bar | Core Flexion | |
| Day 6 | Crab Reach | Scorpion Reach | Scorpion Switch | Core Extension | |
| Day 7 | Knee Pushups | Strict Pushups | Clap Pushups | Push | |
| Day 8 | Air Squats | Overhead Squats | Plyo Squats | Squat | |
| Day 9 | Kettle Bell Swing 35/25 | Alternating Kettlebell Swings 35/25 | American Swings 44/35 | Hinge | |
| Day 10 | Assisted Lunges Per Side | Walking Lunges Per Side | Plyo Lunges Per Side | Lunge | |
| Day 11 | Barbell Curls 45/35 | Barbell Cleans 55/45 | Barbell Squat Cleans 75/55 | Pull | Hinge |
| Day 12 | Hanging Knee Raise | Hanging Side Crunch | Hanging Windshield Wiper | Rotation | Anti Rotation |