

WORKOUT DAY 1

**Warmup
5min Bike**

+

2-3 sets

10 Hamstring March (stay light)

10 Band T, Y, W (each position)

10 Seated Dumbbell External Rotations/side

A) Pre-Fatigue x 3 sets

**The intent of this section is to drive blood flow and get a pump.
The weight should be moderate and can be increased in coming weeks.**

1. 20,18,16 Hip Thrust (Increase load from last week, stay light.)

rest 30sec

2. 15 Cable Fly (Squeeze each rep)

rest 60sec

B) Hip Dominant Giant Superset x 3 sets

**The intent of this section is to build the deadlift position.
The push and hip flexion are structural balance exercises.**

3 Segmented Sumo Deadlift @3131

rest 30sec

6-8 Single Arm KB Bench Press/side @30X1

rest 30sec

12 Physioball Hamstring Curls @30X1

rest 90sec

***Focus on building the movement pattern for the Deadlift.
There will be 3 pauses at each position.**

C) Lunge/Hamstring/Core x 3 sets

10 Racked Walking Lunges/side

10 TRX Body Row

10 Alternating Kettlebell Swing/side

30sec Hamstring Plank

10 Med Ball Rotation Slams/side

Rest walk 90-120sec

Cool Down

1min Piriformis Wall Stretch/side, 1min TRX Q Stretch

WORKOUT DAY 2

Warmup EMOM 9mins

1. 10 T-Rotations (pushup optional)
2. 10 Blackburns
3. 10 Duck Walk

*Duck Walk modification is 30sec Heel Sit

A) Pre-Fatigue Complex x 5 sets

Every 90sec perform the complex and rest the remainder of the time.

This is pre-fatigue, not full-fatigue, so keep the weight light. Build if you need each set.

Complex:

- 5 RDL Bentover Row
- 4 Hang Clean
- 3 Front Squat
- 20 Jumping Jacks (jog in place 20sec)

B) High TUT Squat + Horizontal Pull x 3 sets

High Time Under Tension squats with muscle already in fatigue this will allow for lower weight and recruit more muscle fibers.

Honor the tempos and rest periods.

5 Goblet Squat @55X1

rest 45sec

6-8 Crusher Grip Rows @30X0

rest 90sec

C) Sustain Effort x 3 sets

60sec Choice Cardio (run, bike, row, jump rope, elliptical)

1 Complex (1 Clean, 1 Clean + Reverse Lunge/side, 1 Clean + Thruster)

rest 15sec

10 Turkish Situps/side

rest 15sec

20 Alternating Gorilla Row

Cool Down

1min Crossover Piriformis Twist

1min Half Saddle Stretch/side

WORKOUT DAY 3

Warmup 3-4 sets

2min Cardio with 15sec Sprint in the last :15sec

6 Cossack Squat/side

12 Curl to Press

A)Rotational Core x 3 sets

This section is aimed to build rotational stability so keep the weight light and work on perfect form.

10 DB/KB Windmill/side

rest 30sec

10 Single Leg Tuck Up/side

rest 60sec

B)Overhead Strength Speed x 8 sets

Every 60sec alternate between exercise 1. and 2.

1. 6 Single Arm Push Press @30X1

2. 12 Alternating DB/KB Snatch (from the floor)

C)Single Leg Balance x 3 sets

This section will focus on single leg strength balance. I want you to work with weight that brings you close to failure for the reps. Leave 1-2 reps in the tank.

8 Alternating Goblet Curtsy Squat/side @30X1

rest 45sec

8 Hand Assisted DB/KB RDL/side @30X1

rest 90sec

D)Arms/Shoulders Intervals x 2-3 sets

Perform max reps with quality for 30sec and rest 30sec. Alternated between exercise 1. and 2.

1. Medball Chest Pass

2. Rope Waves

Cool Down

10 Lower Trunk Rotation/side

10 Thread the Needle/side

WORKOUT DAY 4

Warmup EMOM 10min

- 1. 8cal Bike**
- 2. 8 Perfect Stretch (4/side)**

***Alternate each minute for 5 sets of each exercise.**

A) Tabata Prep x 2 sets

Working in partners alternate between exercise 1. and 2. in a tabata timer 20sec work x 10sec rest for 8 rounds and 2 sets.

- 1. Medball Slams**
- 2. Skater Hops**

B) 20min Aerobic Endurance

Every 4mins perform the circuit. Aim to finish in 3mins and rest the remainder of the time. Start the next round for a total of 5 rounds.

- 12 Calorie Bike**
- 10 Hanging Knee Raise**
- 15 Wall Ball**

Cool Down

- 1min Heel Slit**
- 10-12 Side Lying Windmill/side**

WORKOUT DAY 5

Warmup EMOM 9-12mins

- 1. 8 Cal Bike**
- 2. 15 Therband Lateral Walk/side**
- 3. 15 Straight Arm Pulldown**
- 4. 10 Reverse Plank Raise**

A) Pre-Fatigue Aerobic Body Builder x 4
Every 3, 6, 9, 12min perform:

20m Sled Drag
6 Single Arm Clean/side

***Start light and increase the load each round**

B) Absolute Strength x 4 sets
8-10 Goblet Cyclist Squat
rest 45sec

AMRAP Pullups (Use Band if you can not perform a
pullup)@30X1
rest 90sec

***Use a warmup set or 2 to find your working weight for all sets**
of the squat.

C) Rump Pump Finisher x 3 sets
10 High Box Step Down/side
12-14 Sumo Deficit Squat Pulse
12-14 Cable Kick Backs/side

Cool Down
1min Elevated Pigeon Stretch/side
1min Flat Thread the Needle

WORKOUT DAY 6

Warmup: Body Work

5min Foam Roll

1min Back

1min Glutes

1min Calves

1min Quads

1min Groin

A) Aerobic Recovery

On a 30min running clock. Every 3mins

perform:

7cal Row

7cal Bike

***Record your ratings of perceived exertion 1-10. 1 being easy breezy and 10 death.**

Cool Down

1min Distracted Hamstring Stretch/side

1min TRX T-Stretch

WORKOUT DAY 7

Work-In

Lifestyle and Nutrition Reflection

A) Lifestyle Guidance

1. Please rate your stress levels this week on a scale of 1-10.
2. Please rate your energy levels this week on a scale of 1-10.
3. Please rate your sleep quality this week on a scale of 1-10.
4. What areas do you feel are obstacles this week in working towards your goals?

***Please make a note in the comments area, so I receive a notification that you filled this out.**

B) Nutrition Guidance

How was nutrition this past week?

How was your hydration this week?

Anything notable with digestion or any food cravings?

C) Feedback

Please feel free to add anything else here that you feel is important for me to know or for you to keep reference of. This can be used as a journal or outlet that opens up conversation into things that can be affecting you reaching your goals.